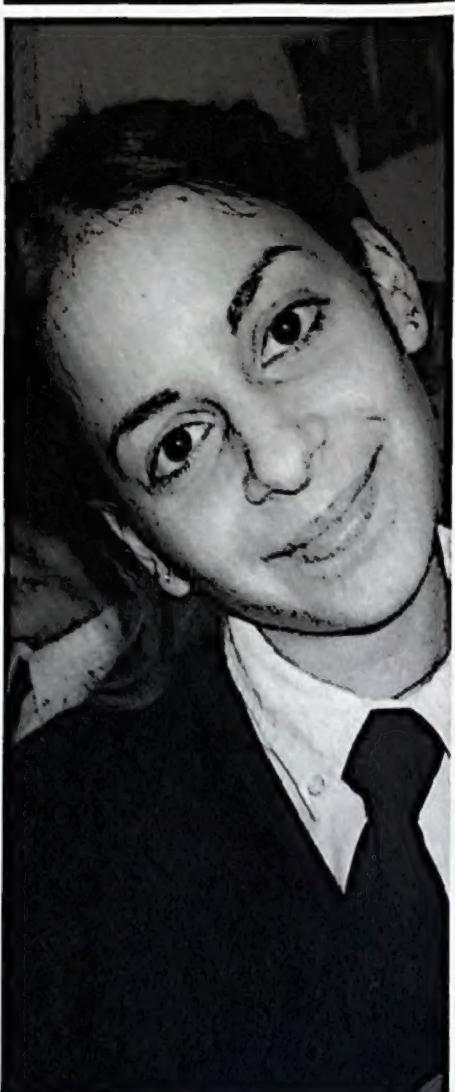
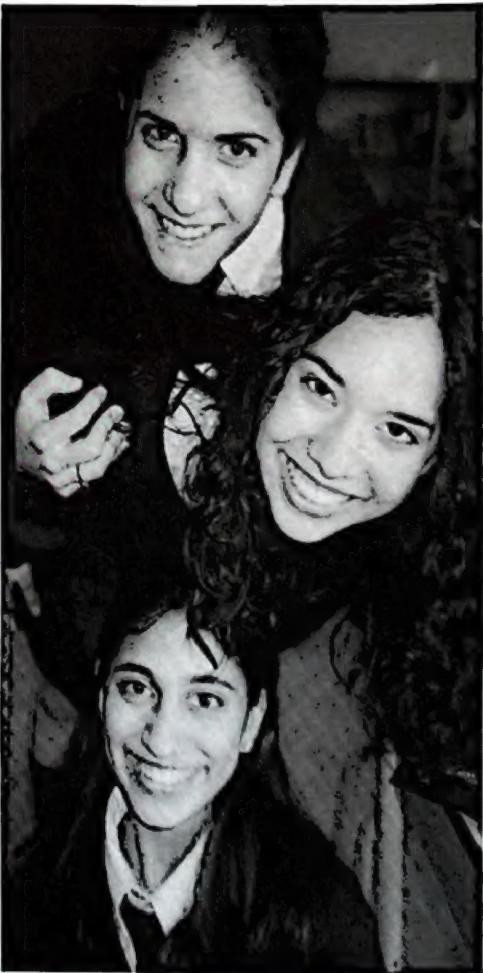
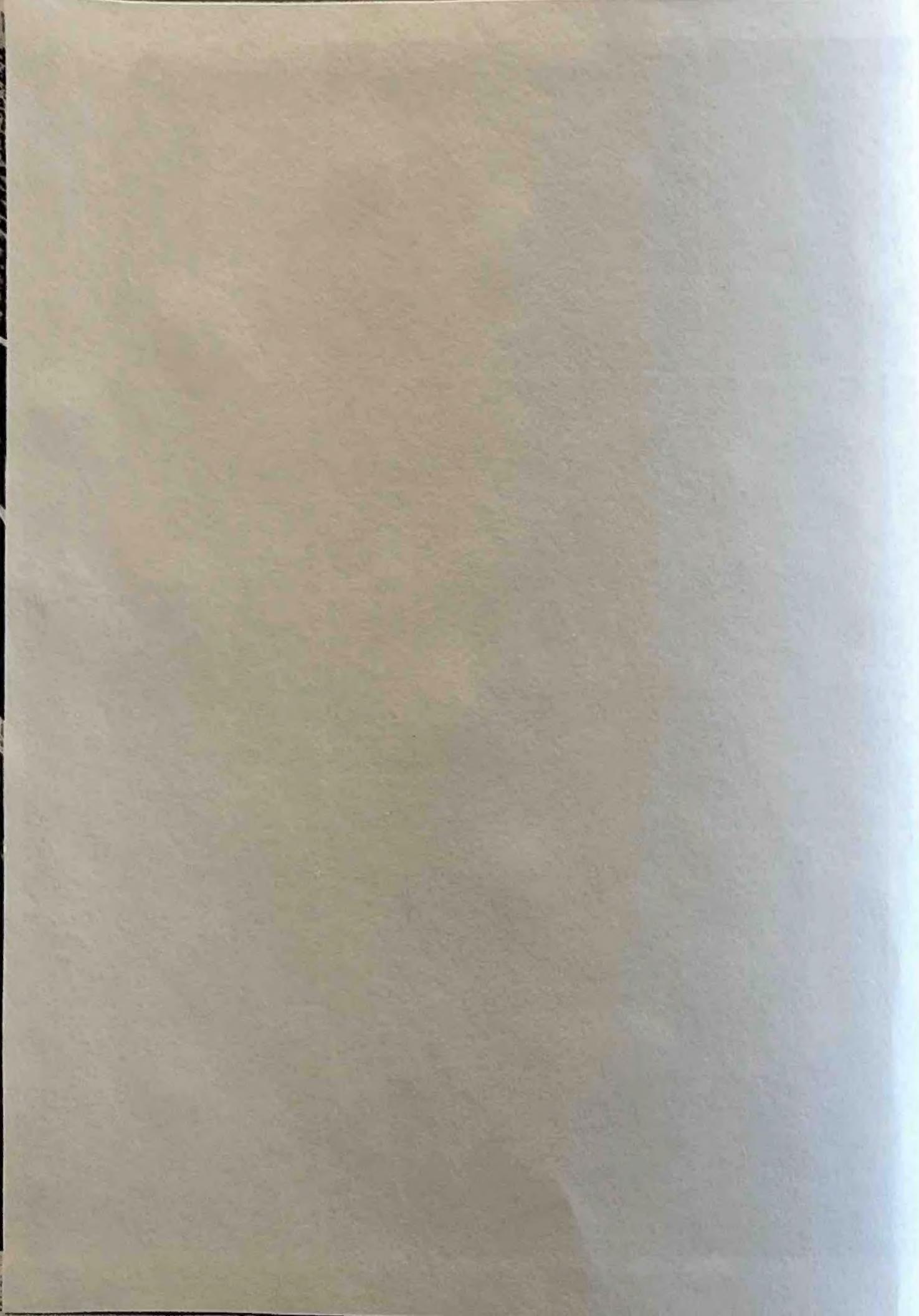


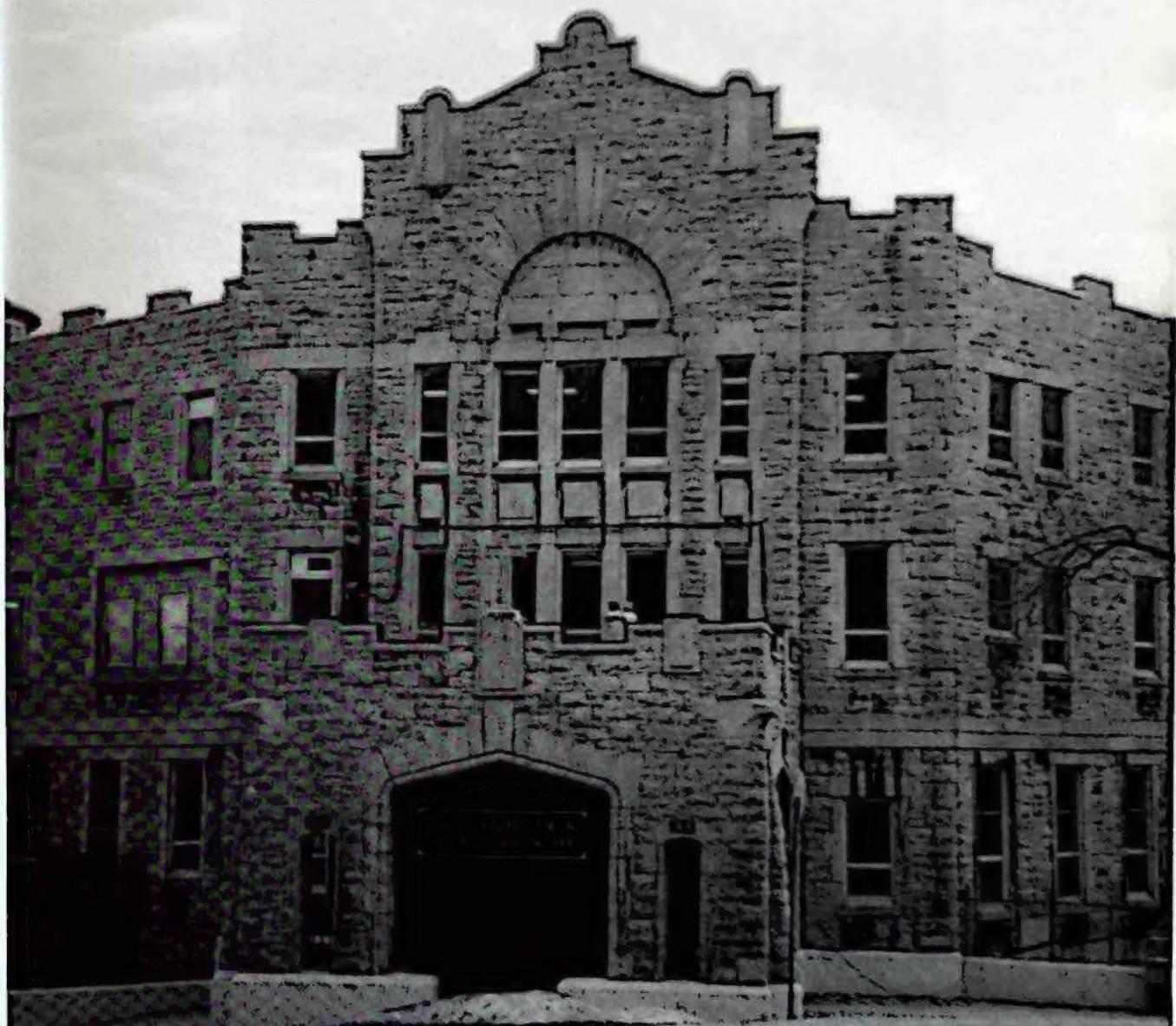
MEMORIES FROM THE HEART





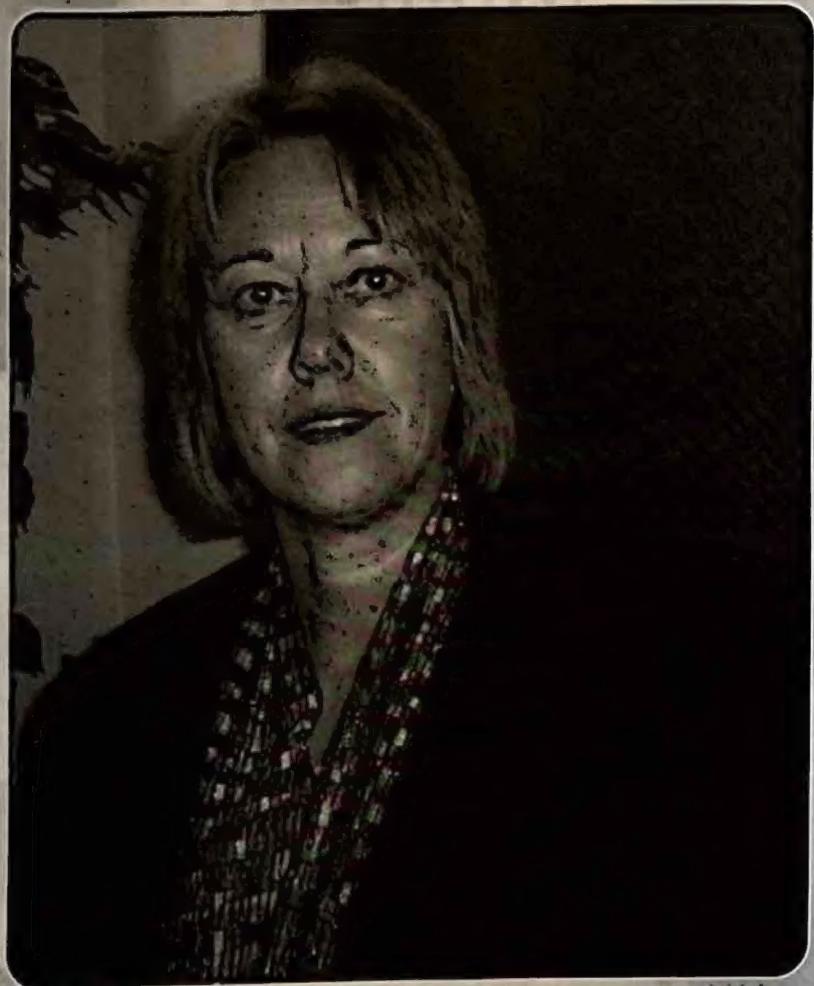


# The Sacred Heart School of Montreal



3635 Atwater Avenue  
Montreal, Quebec H3H 1Y4  
(514) 937-2845  
[www.sacredheart.qc.ca](http://www.sacredheart.qc.ca)

# HEADMISTRESS' ADDRESS



To the Class of 2003,

Over the past five years you have developed friendships which will last a lifetime; friendships that will leave footprints in your hearts forever. Many people come in and out of our lives and we learn that friendship is more than an acquaintance and involves more than affection.

It is said that love is blind but friendship is clairvoyant. Friends stick together in adversity, give more than they expect to receive, and incite each other to higher purposes. Small deeds, as well as great acts of sacrifice, are done for the sake of friendship. Cherish the friends you have made here and remember that, as alumnae, you will always be a part of Sacred Heart.

"There is a destiny that makes us sisters:

None goes her way alone;  
All that we send into the lives of others  
Comes back into our own."

As you move on to the next stage of your education, I wish you the joy of new friendships, the comfort of old friends, and the experience of health, happiness, and success.

*Elaine Brooks  
Headmistress*

# ADMINISTRATION



Who knows what it is going to be like five years from now. But if you think back five years ago, the changes in your life have been immense, you entered The Sacred Heart School of Montreal after having spent the first seven years of your educational life in primary school and you looked upon secondary school as a challenge, a new place to further your education. During these years you learned a great deal from your teachers, but most of all you learned a great deal about yourselves. You now embark on the next leg of your journey, one which will include college and then university. I hope that the time spent at Sacred Heart was time well spent. I have certainly enjoyed helping you and your classmates during your years with us and I wish you success in the choices that you make in the future. Imagine the possibilities that await you.....

*Peter Kousik  
Director of Studies*



*Rosanne Del Torto  
Director of Students*



To the Graduating Class of 2003

All your hard work and diligence has paid off and you are "The" Class of 2003. You have successfully completed an important part in the education cycle but what is also memorable are all the friends you have made at the School, in the administration, faculty and staff and of course your fellow graduates. Cherish these friendships as they are a bond from your past and a means to your future.

Pursue your dreams with the same vigour you displayed in the classrooms and corridors of the School, and be your own person but at the same time retain the values instilled from a Sacred Heart education. Your successes will serve to make this institution proud.

Be happy, be kind, be proud. God bless.

*Abid Salman  
Business Administrator*



Ms. Carmen Antonini



Mme. Marie France Amaud



Mr. Nadim Bahou



Mrs. Maureen Barnett



Mme. Nathalie Belfort



Miss Natalie Bich



Mr. Tino Bordonaro



Ms. Iveth Bosmediano



Ms. Amelie Boucher



Mrs. Lynne  
Brodrick Cochrane



Mrs. Margaret Crowe



Mrs. Dawn Cumming



Mme. Christiane  
de Sainte Marie



Ms. Nina DiPalma



Mme. Sylvia Drouin



Mrs. Jean Filipovich



Mr. Eric Fillion



Ms. Mary Gendron



Mr. Paul Hammett



Mr. Peter Judson



Ms. Fran Lakatos



Mr. Martin Laperle



Ms. Lisa MacCallum



Ms. Joan Maclella

# Faculty and Staff



Ms. Roxanne Martel



Ms. Joanne Mastro



Mrs. Carole McKinnon



Mrs. Kathy McNally



Mme. Louise Morrisseau



Ms. Sarah Neeff



Ms. Alison Nish



Ms. Sandra O'Neill



Mr. Martin Pagé



Ms. Audrey Portanier



Ms. Patricia Potter



Ms. Priscilla Rocha



Mrs. Heather Seeger



Mr. Emmanuel Soret



Mrs. Ann Stewart



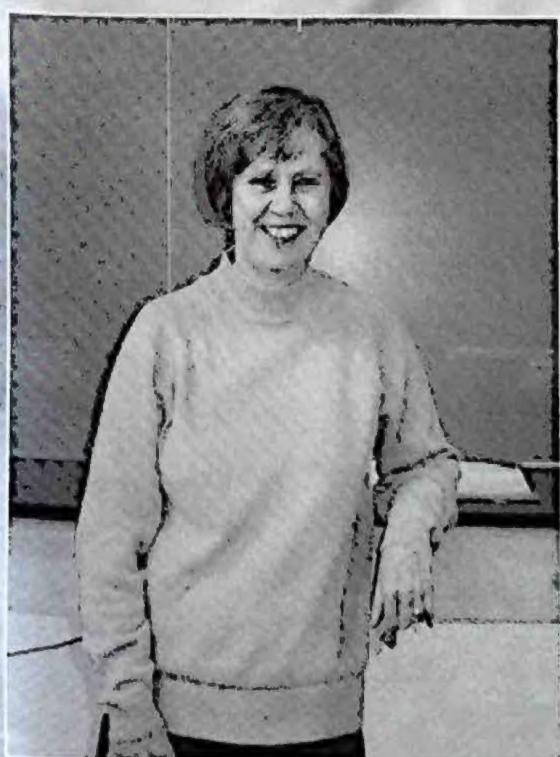
Mme. Marie-Josée Talbot-Provost



Ms. Jean Thomas



Mme. Marina Tremblay



Ms Jean Thomas, beloved science teacher, is retiring this year after many years of loyal service to the students of Sacred Heart. The majority of us have been taught different aspects of science from her, and although we might forget the different parts of the eye, or the significance of the raisin bun model, we will never forget her kindness and generosity of spirit. She has spent countless hours after school (especially for Robotics!) and was always willing to go over any of the scientific problems that we might be having. Ms Thomas, this school will not be the same without you, and you will be dearly missed by all.



Ms. Rosemary Vaupshas

# Faculty's Most Likely To..



**Ms. Antonini:** expand her wardrobe to include colours such as purple, pink or orange.

**Mme Arnaud:** figure out a way to separate her atoms so that she can walk through walls.

**Mrs. Barnett:** lose track of time and forget to go to all of her classes.

**Mme Belfort:** high jump over a pile of French textbooks.

**Ms. Bichsel:** set a Guinness World Record for uttering the most words in under 10 seconds.

**Mr. Bordonaro:** quit teaching to start a teenage girls help line.

**Ms. Boucher:** forever remain a teenager at heart.

**Mrs. Cochrane:** fast forward all the way through Hamlet, because there is not enough time to finish reading it properly.

**Mrs. Cumming:** develop an ulcer, and seek help through stress-management classes.

**Mme de Sainte Marie:** figure out a way to travel back to medieval France.

**Mme Drouin:** give the whole class a detention while substituting.

**Mrs. Filipovich:** slouch.

**Mr. Fillion:** get beaten up while under the delusion that he is Rocky.

**Ms. Gendron:** change the colour of her hair every other day.

**Mr. Hammett:** defend the statement "Cars are tools of the devil".

**Mr. Judson:** clone himself and take the day off.

**Mr. Laperle:** scare you to death on the first day of school and then turn out to be the most magnanimous teacher you will ever meet.

**Mrs. McKinnon:** set the world record for the most "Shhh" in a row.

**Ms. McCallum:** forever defend that diving for the volleyball does not hurt.

**Ms. Martel:** not ever sing out of tune.

**Ms. Mastro:** forget to wear her house pin.

**Mme. Morrisseau:** forget the real names of her Spanish students.

**Ms. Nish:** calculate her income taxes improperly.

**Ms. Neeff:** torment students by eating while watching them do the beep test.

**Ms. O'Neill:** live happily ever after with Jason, and Clara.

**Mr. Pagé:** teach a math class in song, on rollerblades, while breaking chalk.

**Ms. Portanier:** laugh at the most inappropriate moments.

**Ms. Potter:** keep on enjoying her "Renaissance" (spring) days.

**M. Soret:** illegally keep monkeys in his basement and insist that the designs on his tie actually depict ghosts.

**Mrs. Stewart:** have a baby girl who is a math genius.

**Mme Talbot:** spend all of her evenings doing sports.

**Ms. Thomas:** spend all of her time after retirement building robots.

**Mme Tremblay:** work at Sacred Heart for the next twenty years and not realize it.

**Ms. Vaupshas:** send her daughter to Villa Maria.





Mr. Daniel Boyer



Mr. Tommaso Draicchio



Mr. John Filipe



Mr. Jose Filipe



Mr. Yvon Guilbault



Mr. Lucien Lamouche



Mr. Gedi Snapkauskas



Mrs. Daisy Troi

# Maintenance, Housekeeping, Security and Kitchen Staff



# Thank You!



President  
Alicia Troli



Vice -President  
Georgia Vriniotis



Secretary  
Kathleen Koufos



Treasurer  
Amanda Barile



Co-G.A.A.  
Christine Layden

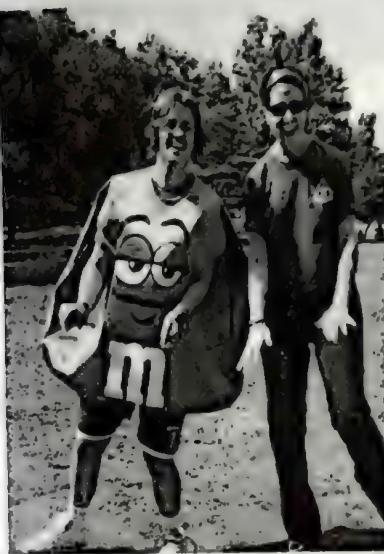


Co-G.A.A.  
Serena Trifiro

# Follow the leaders..



# Houses



# Barat



To all my amazing Baratians,

Being able to represent this outstanding house has been an honour, although I could never have done it alone. A huge thanks goes out to Ms. Neeff for continuous advice and encouragement, we learned the ways to the top together! Ms. O'Neill, Mr. Judson, Ms. Thomas, and Mrs. Talbot, thank you for endless support and enthusiasm, it hasn't gone unacknowledged! To my "bearly" dedicated bears, Andria, Tanya, Jenika and Claire, thanks for all your help, and for always understanding; we made a great team! To all the rest of my Barat family, thanks for making Barat number one! Never lose the Barat Pride, and remember, we will **ALWAYS** be the best!

Keep up the great work, I'll miss you all!

Natasha



Andria Arcari, Tanya Chawla, Jenika Ferretti-Gallone  
Claire Carny



Stephanie Panetta, Amanda Conca, Keyinsha Yokenderan

To our fellow grey and pink princesses of the jungle, You made us extremely proud to represent you as your two househeads. We would like to thank our house affiliates and especially our fearless leader, Ms. Antonini, for all your constant support throughout the year. A very special thanks goes to our AMAZING executive: Amanda, Keyinsha, and Steph. Thanks for putting up with our craziness! We will definitely miss you all! Never lose sight of that ferocious and courageous lion that lies within all of you. Digby is truly the best! Don't let anyone tell you otherwise. They're just jealous...

Love,  
Rita and Peggy

# Duchesne



Dear Duchesners,

Thank you for making this year one of my most memorable. You have been fantastic to work with. I would especially like to thank the following girls for making my job that much easier: Alyssa, Katie, Meg, Nicole, Kristine for doing the web page and Christina Rizzo for all her help with the house fair. A big thank you to Ms. Vauphas for all the support. Remember girls, you will always be RED HOT!

Love,  
Kate

Nicole Brunelle, Meaghan Evans, Katherine Stavro,  
Alyssa Esposito

## duRousier



Who said we wouldn't make it this far? Thanks to Claudine, Sacha, Vanessa and Andrea, you have really let the true color of duRousier shine through. Mme Drouin, you have led our path to success. All my duRousiers, you have made me so proud. Sabrina, you showed us the strength of one. The end is here and I enjoyed each moment with you all!

Love,  
Celia



Andrea Sargisson, Sacha Lee, Claudine Courey,  
Missing: Vanessa Lombardi

# Hardey



To my monkeylicious monkeys,  
It has been a blast being your House Head this year. Never forget  
to wear the color orange with pride, to cheer as loud as you can,  
and most of all, to be as monkeylicious as can be. Thank you M.  
Soret for always showing your pride and spirit for the house.  
Hardey wouldn't be the same without you. Special thanks to my  
hardworking executive: Lydia, Margaret, Beth, and Arohie. You  
made my life easier! Never lose your orange, and monkey loving  
spirit, my loyal Hardians! Once a Hardey girl, always a Hardey  
girl! I'll miss you all. Thanks for being such a great house!!

Love  
Vanessa



Lydia Anber, Margaret Snell, Arohie Chopra, Bethea  
Clarke



Alexandra Di Cori, Sarah Al-Roubaie, Bianca Daniell, Anne  
Fournel

# Sheldon



To all my dearest Sheldonites,  
This has been a great year and a wonderful experience.  
I owe it all to all you girls! You have definitely made  
my last year memorable. You have made me very  
proud to be your House Head. A special thanks goes  
out to Ms. Potter, Alex, Bianca, Sarah and Anne.  
Remember wear the colour green with pride! Go  
Sheldon!

Love  
Emily

# Stuart



Halina Bruce, Teresa Chimienti, Tiffany Porraccio  
Absent: Alexandra Crevier

To my true blue Stuartians:

We had a great year. Everyone worked really hard and we were a success. Being your House Head was so much better than I had ever imagined. Your enthusiasm and dedication never ceased to amaze me. Ali, Tiff, Halina, and Teresa; thank you for all your support and the laughs. Mr. Hammett, you are the most understanding and intelligent house advisor. It was fun. Thank you so much. Stuart house, you are the best ever.

Love,  
Tara

# Trincano



To all my Purple Ladies, being your House Head was awesome this year! Thanks to all of you for the great memories you have given me. Thank you Ms Gendron, Pam, Lisa, Sarah and Christa for all the help this year, I couldn't have done it without you! I also want to say a big thank you to my Sec I members and to Staz, you girls are what made me want to come to house meetings. I loved being Trincano House Head and I'm so sad that it had to come to an end so soon. I will always hold the colour purple (and cows!) close to my heart. I wish everyone all the best! KEEP THE PURPLE PRIDE ALIVE!

Love always,  
Sophia



Lisa Zimanyi, Sarah Zullo, Pamela Rotondo, Christa Goulakos



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# Secondary I



Gabrielle Alacchi  
Mélâne Al-Ahmad  
Alyssa Analystis  
Michelle Arsenault  
Lara Artinian  
Jouma Bitharas



Olivia Brown  
Catherine Brunelle  
Olivia Cameron  
Jessica Carrero  
Kirsten Charron  
Madelyn Coull



Jessica Covino  
Xina Cowan  
Krystin D'Agostino  
Caitlin De Seve  
Jessica Deer  
Alexandra Deutschman



Lea Dikranian  
Hélène Dolberg  
Clare Farrell  
Raveneko Ferdinand-Peterkin  
Tara Frem  
Elise Fryml



Alessandra Giuliano  
Melania Golybiowsky  
Alana Guy



Elizabeth Hatzihristidis  
Vanessa Jaskolski-Ronald  
Stéphanie Karzon



Gillian Kerr  
Sophie Laferrière  
Victoria Laliberté  
Katrina Lamothe  
Andrea Latella-Duboyce





# Class of 2007

Tanya Lo Basso  
Sophia Loffreda  
Melissa Lombardi  
Davina Loporcaro  
Viviane Luu  
Grace MacDonald

Cynthia Mancinelli  
Francesca Manno  
Amanda Marando  
Lisa Martin

Tian Martin  
Marie McCulloch  
Im-Amara Men  
Alexandra Moletti

Damelia Moletti  
Tanya Naamu  
Gloria Nguyen  
Mai Nguyen

Valentine Ostaszewski  
Amanda-Lee Phillips  
Josie Piscinetti  
Sonia Ponari  
Kristina Raimondo  
Stephanie Roy

Emily Snell  
Elizabeth Stronach  
Hillary Tabah  
Sheena Thibault  
Rachel Thouin  
Alexandra Troli

Caroline Trubiano  
Lauren-Amy Vaupshas  
Kia Watkins-Martin  
Carissa Wong  
Monika Zilic



# Secondary II

Alexandra Abrol  
Christina Abrol  
Vanessa Afonso  
Stephanie Alberga  
Stephanie Amorosa  
Michelina Atallah



# Class of 2006



Natasha Lambrinos  
Charlotte Lamontagne  
Alexandra Lantosh  
Isabelle Lévesque  
Michelle Lewis  
Diana MacKinnon

Katherine Mandilaras  
Stephanie Maris  
Isabella Matteo  
Kelsey Mazzanti  
Yasmin Moinuddin  
Jennifer Newton

Kylie Newton  
Katherine Nicol  
Stephanie Pakis  
Kathryn Palmer

Jennifer Panetta  
Katerina Pansera  
Melissa Pansera  
Nicolella Pantazopoulos

Vanessa Pendenza  
Alyssa Power  
Samantha Reusch-Desautels  
Lisa-Marie Rinaldi  
Caroline Rudolph-Zbarsky  
Janelle Rutherford Stone

Jennifer Sacco  
Alexandra Sampson  
Kristin Sani  
Nadia Santagata  
Nadia Simeone  
Patricia Snell

Bianca Sportella  
Melanie Tutino  
Stephanie Vokaty  
Diana Wilberg  
Kayla Yip  
Stephanie Zakem

# Secondary III



Katelyn Abbs  
Hebatallah Abdellahi  
Ahfir Akkelian  
Anne-Michelle Arles  
Ashley Arnold  
Robyn Argumi



Alexandra Bagdoo  
Skwenneno Barnes  
Danielle Beard  
Adrienne Campbell  
Nikki Canadian  
Claire Camy

Rachel Caron  
Vanessa Caruso  
Melissa Cavaliere  
Kristina Charlton  
Teresa Chimenti  
Katarzyna Chmielewicz

Archie Chopra  
Sophie Cowan  
Cassandra Cufaro  
Amanda Danik

Lindsay David  
Jillian Davis-Annett  
Nastassia De Paoli  
Caroline Donohue

Natasha Egiziano  
Josephine Esposito  
Meaghan Evans  
Anne Fournel  
Tracy Frem  
Allison Freund

Carly Fridhandler  
Laura Giaccari  
Christa Gouliakos  
Sophia Grigoropoulos  
Dayna Hajaly  
Manisa Hattem



# Class of 2005

Melissa Hindley  
Krista Hold  
Lauren Iacco  
Maria Kyres  
Dania Lecompte  
Emelie Lee Larivée

Jennifer Lim  
Natasha Lo Basso  
Alessandra Manno  
Caterina Marando  
Evanthia Markou  
Miju Martin

Kathleen McCallan  
Sara McCulloch  
Katherine Meredith  
Amanda Murray  
Chanel-Ann Najjar  
Stephame Panetta

Deena Patel  
Tania Pelizzari  
Romina Perrotti  
Monica Peters  
Teresa Pisciuneri  
Anna Pollock

Sabrina Ponari  
Sophie Predan-Chauvin  
Lisa Rasmussen  
Ritz Salvador  
Bianca Santangelo  
Andrea Sargisson

Sophia Sekkat  
Ravneet Singh  
Claudia Spina  
Shannon Summers  
Megan Thomas  
Mila Tran

Dan Thanh Truong  
Alexandra Valente-Fernandes  
Tenisha Valliant  
Christine Vannelli  
Vanessa Velkoff-Woo  
Diana Zaverigui

# Secondary IV



Sarah Abdelhady  
Martha Aguilar  
Laura Aiken  
Sarah Al-Roubai  
Nur-Ul-Ain Arif  
Sofia Baig



Waienhawi Barnes  
Catherine Bornasal  
Sarah Brossard



Halina Bruce  
Nicole Brunelle  
Khandro Burkhar



Michelle Cadieux  
Natasha Cami  
Elise Carré  
Liana Casella  
Tecla Cesta  
Ashton Charles



Stéphanie Charron  
Tanya Chawla  
Gloria Choi  
Bethera Clarke  
Amanda Conca  
Stephanie Coull



Bianca Daniell  
Lara Derkevorkian  
Carolyn Derynck  
Justine Farah  
Jenika Ferretti-Gallon  
Myriam Fournier-Tombs



Candice Fridman  
Alicia Giannaria  
Pamela Hamilton



# Class of 2004



Teedah Hammer  
Sara Henderson  
Emily Howard  
Nairy Kazandjian  
Katherine Kwong  
Marina La Verghetta



Vanessa Lombardi  
Jennifer Marton  
Jessica McBain  
Natalie Melikoff



Alexandra Pakis  
Adriana Pansera  
Vanessa Pertugia  
Tiffany Porracco



Dana-Jay Reda  
Christina Rizzo  
Natasha Rizzo  
Caroline Roy



Deidra Santos  
Jessica Sew  
Margaret Snell  
Ashley Stacey



Andrea Zakem  
Laura Vannelli  
Amanda Vecchio  
Keyinsha Yokenderan

# Secondary I Retreat



When the time for Secondary I retreat arrived, none of us really knew each other that well. We'd all started to make friendships, but not all of us had picked our "soul sisters" for high school. We travelled in a bus in the bright sunlight, all laughing and exchanging e-mail addresses, waiting to arrive at the convent where we would have our first retreat ever. When we got there we were greeted by the nuns and taken to a room where we watched a film called *The Air Up There*.

Afterwards we were served a hot lunch of chicken and fries. Many girls were eager to go outside in the cool breeze. Once out in nature, we all ran around screaming, and laughing and taking pictures. (What a spiritual experience!)

The teachers told us over and over again not to jump or fall off the wall for we would crack our heads. No worries! Later we all went inside to sing songs with Mr. Hamett. After we started to get tired, our off-key singing sounded like a fog-horn, so Ms. Mastro called us into a circle. We each received a special dove pin which symbolizes peace and love.

That day, we all got to know each other a little better, and because of that, made new friends. It was a wonderful experience!

Xina Cowan

# Secondary II Retreat

On the crisp fall morning of October 18th, 2002, 81 enthusiastic students discussing each other's hair and Oh! those great new Mrs. Sixty Jeans, disembarked big yellow buses into the warm and welcoming atmosphere that the sisters of the Hermitage Ste. Croix have created.

These Sacred Hearters had a reason to be excited. Mr. Hammett, Ms. Mastro and Ms. Gendron had a fun filled day of activities planned to keep them busy. The retreat started like any other : with a touching movie that left us all a bit teary eyed. After a delicious lunch prepared by the sisters themselves, we rushed out to enjoy one of the last days of fall, all the while snapping pictures that we will cherish forever. After releasing some energy we were once again assembled to play one of those games that kept us in the dark. Literally! Before we knew it, the day was over and it was time to return to that big stone building that we call our school.

Thank you Mr. Hammett, Ms. Mastro and Ms. Gendron for a wonderful Sec. II retreat.

Charlotte Lamontagne

Vanessa Pendenza



# Secondary III Retreat



On a bright and sunny November day, the secondary III students left for Hermitage Ste-Croix with great anticipation. The day was filled with entertainment, reflection, and Kodak moments. The time spent singing songs and playing in the snow was accompanied by laughter and smiles. The retreat ended with the singing of songs led by Mr. Hammett's trusty guitar. From the value filled movie *The Breakfast Club* which allowed us to reflect upon our own friendships to the forgiveness of our sins, this day will always be remembered. As we boarded the buses, the laughing and singing continued allowing the amazing and memorable retreat to be enjoyed by every student. Special thanks to Ms. Mastro, Mr. Hammett, and Mr. Fillion who made this day a wonderful experience.

Stephanie Panetta  
Teresa Chimienti



# Secondary IV Retreat



Our Secondary IV retreat was enjoyable and very relaxing. We started off by watching the movie *Lean on Me* and were surprised by a special visit from Deidra. Everyone was delighted to see her and waited in line to give her a hug. The weather was still quite cold but we had fun nonetheless sliding on the ice. Once we went back in we sang songs. We cannot wait to go on our secondary V retreat!!

Elise Carré  
Jenn Marton



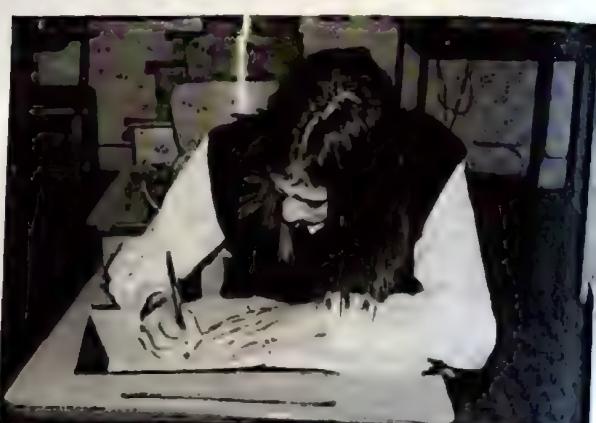
# Québec City



# Ottawa









# Graduates





### KARINE AL-AHMAD

Wordup! The past three years have been hard, memorable, but fun. SZ, AM you guyssimply ROCK, and have made me a survivor; Bettyboo, CC, NS, NB, The Anthem, Santa, SSS, sizzle, Vig/Leg, O-T, labs, mutants, math, the whistle, Stratford, you guys know the rest. To my familia kamen. So grads this is it, don't ever forget to laugh, and reminisce the good times. Good luck and peace

### LYDIA MICHELLE ANBER

Khallas! six years enough? AM, NT, AV, AC-forever. SD-always a star. AM-bathroom break! NT-French class. SC, CD-Sheraton. EV, CC, PR-car. GP-snowboarder. ADC-stop that! MP-your saviour. CZ, KAH-libnain! MM-loser/wake-up, VA-shawn? Mom, Dad, Greg, Nan-wordsaren'tenough! Marco-L dances, grad, mount M, attenzion, I love you more! Grads of '03-muah! Yellah, bye!



### ANDRIA ARCARI

Always remember the advice, the people, the trips, the parties and all the good times! Stratford '03! Monocle! Hop in the Benz Peaches! A special thank you to Mr. L, Mr. B, my family and ALL my friends. You're my shining stars! Class of '03: This is it! I love you guys! Good Luck! Be brave! Even if you're not, pretend to be. No one can tell the difference.



### AMANDA BARILE

Five amazing years with so many memories! PARTY!! Bri/ Kiki:Granny Apple, Muffin, FD'Eve, Physics, BRO, Smooth Disaster, OUR MOTTO, NEK, WE three Bobos! BEST FRIENDS FOREVER. MM: It's Flash Time! Thanks to: CD/RBH/AMFC/ NS/KB/ ADR/EC/TW/ RF/KK/PR/ CDG/ SDG/SP CREW. My favourite 14: We had the time of our lives! Mom, Dad, Laura, Carolyn, Mike. Thanks for giving me strength. Love you. Madonn! It's over!! LA VITA E!!!



### LIZ BISCOTTI

"GIRLS JUST WANNA HAVE FUN" GROUPMEN-TALITY BABY! You have made me who I am. Ski trip, pink flamingos. BEEBS: my rockBFF. E5: twelve years, AT big J.Chi: Spaced, Ev: Kick it up a notch! Clawdias POREBER. To the rest, I love you, thank you. Del22. Gracie ma pa orla nonna nonno e tutti cugini, ti amo. Class of 03, all my ribbons, ti ricordore sempre. Ciao!

### KRISTINE BOBAK

"Pride is holding your head up high when everyone else has theirs bowed. Courage is what makes you do it." - Big Hettie, *The Power of One*





**REBECCA BOUCHER-HAMAKER**  
It's 11:59 p.m. on the night before this is due. Many things have happened but some things never change/ My love and thanks to Phoebz:COR.WYD.BLITZ/ to LE-W:Europe trip/to AS:p.246 or 264?/to CC:compass/to AB,CD,TH, NS, KK, KA, CK , TW, SZ, SL: for keeping me awake in class/to Ari/to the "West Island Regiment"/to Mom and Dad:for everything/to all:good luck!

**GABRIELLE CADIEUX**  
What a long strange trip it's been.(Good times, good times!)I can't believe that it's ending so soon. I will always remember all my friends, and all the love and support they have given me. I love you all so much!! To the class of 2003, good luck! Thanks for all the memories!



#### **KATHRYN CALABRETTA**

I made it out alive, barely. Mom,Daddy,Gino-hugs and kisses. Thanks for the support. Pat-too much to say,too many good/bad times,you're more than Prozac-you're my life support unit,I love you.D-how many years now? Meg-behind.March 21 love Karina Day Psychotic 4-keep on rockin' boys.Tainted Youth-still your number one fan.Nicko-what would I do without you?LCM-see you in the pit.Guts-when I got the music, I got a place to go.



**AMANDA CASOLI**  
CB5:We're all stars! Never forget the good times,TED's Kleenex(nice),La Room, Hummer (I'm good), DOME/Texas game, La Ronde(don't laugh so hard), Carlos'n'Pepe, bring it to the extremes,Sweat 16,five SISTERS FOREVER...Now it's all good! Mom,Dad-grazie per tutto! And you're an amazing brother! Pat-you're my shining star,I love you! Bro and Chica forever! Ciao



#### **CHRISTINE CHAN**

Our welcome is worn out, and now it's time to leave...AS: FIVB, JMackay; PP: shrug shoulders; NS: gatorade; RBH,CD: scissors, compass ; KA: Save me; AM: sprinkles; AH:hoi; SZ:food mixtures; KK:Let's play cards; STC: barf; NB: you are always right; Volleyball: BC, GC, DS, KY; thanks to:CB, JS, SB and Po, Ho, Do. Life isn't a box, you can take the lid off and find out what's inside.

#### **EMILY CHOLETTE**

Here's to five years come and gone! A special shout out to all my friends who have made a difference! Five years and I haven't grown a bit! Soccer, San Diego, Yeah way! Bowling (RANDOM)! Vocalz, Grad, train rides (oh so many!), cookie! AA, AB, AD, ID, RF, KF, KK, CL, LL, GP, MP, PR, CS, STC, GV, TW, CZ, RG! Thanks to my family. Good luck grads '03!





**SABRINA COLONNELLO**  
Class of 2003, memories! Mom and dad, love you. CD, AB, CZ friends forever. CD eleven years, still counting! Ama, my brother, ma it's not our fault CZ, my poodle! Thank you so much for everything dudes. Mikey mouse is smooth disaster, Diesel baby, bope, weyy, WeSide, driving. My Pammy from the block. CS woof!. Rita, fortune teller. Sabs, my hero. Tash, music. Madonnn! its over!!  
LA VITA E!!!

**VANESSA CORI-MANOCCHIO**  
The end has finally come, Grads of 2003! To the fabulous 14 of Group Mentality may we never forget all of the laughs. Prefects, I love you all! Bonding and group activities forever! Zeroes, Bimbo MR, fire AC, Yummy, Adrenaline GV+STC, Sec III's broken tragedy, LL+SB my half sisters. Thanks mom, dad, Valé, for the support! B. in disguise has left the building!



#### **CLAUDINE COUREY**

To my Group mentality, we finally made it! Thank you for always being there, the laughs we shared will never be forgotten. Ev, my sister forever. Lezlys and Clawdias. DM, you're my ribbon. Mom, Dad, Gab: your support was my fuel to succeed. Grads, there "ain't no mountain high enough" - we can do whatever we put our minds to! Good luck class of 2003! Yallah bye!



#### **ALEXANDRA CREVIER**

Five down and zero to go! Thanks: AD-coffee and biscotti / Mikes / Magies, ODT-clubmobiling / Liv Hugs, MR-Smelly / Cowboys, EH-SHSM work Twin/your Advice, VC-yummay / fire, GM-endless memories, E5! Mom Dad Sarah, your support meant the world to me. Grads 2003: My love to all of you for always putting a smile across my face. Look to the future, but never forget the past.



**CHRISTINE D'ASCANIO**  
We did it! Mom, Dad and Elisa thank you for making me who I am today. To SC, EL, LA, AB, CZ, CK, PP, NK, CD, AMF, you have all made high school the best years of my life. I will never forget the memories: Stratford / Sheraton / Carnaval, but mostly I will never forget you. To SC and EL thank you for eleven amazing years. Good luck to everyone. Reach for the stars! Hugs and kisses.

**OLIVIA DEL TORTO**  
Thanks mom and dad for everything. Pink flamingos always bleach! Ski trip was unforgettable. Ev chubby never stop eating Aillie thanks for everything ST and MR where's your monkey bar? AT BOJANGO LB You tricked me AD QUEBEC NIGHT CC my slovakian leg twin Group Mentality I love you guys and I'll miss you so much!





### AMANDA DE ROSA

Socrates: There is no possession more valuable than a good and faithful friend. At SH I found many. Thanks for making me who I am today. RF, my best friend, I love you. Sec V Retreat, Stratford, Vocalz, drumbud, lab partner, CKATs S. Shop, tabletalk, brebis, I will survive, Sec. II ski trip, King kong, mutants, fuzzies, twin, HardRock, Benfest. Thanks to my family (couldn't have done it without you) and teachers for their support.



### ALEXANDRA DI CORI

AE Thank you for being there 2am KD No more rap SL J /BM JB Roz Always 08/16/02 SP Botch Hoy. NT There's only one of you Vans invent a cool bib LL My only Japignia To my family thank you is all I can say. To all grads remember if you stumble and you fall get up and carry on.

**CYNTHIA DI GIANDOMENICO**  
Mom, Dad, Alex, Saby and Bryan I love you all! mre-c'mon daisy, ya'll can do it..ns-agent Vaughn(ew)..ch-mirror and compass..ka,rbh-rbh's lip balm addictive.. meet my friend stinky (secIII).. am,el,cd,cc,sz- you girls are the koolest!..as,ah-kathy bathes, and room key..sd,am,ac,av,nt-my blonde mosquiteers!



**SABRINA DI GIANDOMENICO**  
My life is devoted to Texas girls! CB5, five forever. Memories Bonde, Dome) We're to be famous pop Cynthia-my worst you'd only feed us sants! Alex, mom, dad you, thanks for every Danny, I love you though you are ob with me. Five stars in star limo. I'm ma DelPiero and buy ferrari.



### IVANA DI LEO

There aren't enough words to describe the good times I've had. Thanks to everyone who helped me survive those French BLCs. To: KD Bohemian Rhapsody SL Celestial and fuzzy AE Don't spill the juice AD BellBoys SP NT Universal Kingdom KF Hobo GV Tennis PR Fushigi Yuugi EC, PR, KF Bowling MomBob Munchkin Poops, Thanks For Putting Up With Me It's over BOOYA!

### AUDREY DOLBERG

"Whatever tomorrow brings I'll be there with open arms and open eyes" Incubus. Papa/maman: merci pour tout. Sis: I love you. To GM: the power of 14/I'll miss you all: Ali (you've always been there for me/coffee biscotti/ OD (good times/ Meagho (The trio: BFF forever, Sex and the City-1/ LB :Bff/ love. To the grads of 03/ don't ever settle for less, good luck. I'm out!





### KAITLIN DUFFY

To AE: my sister. AD: my donkey. SL: HL, our boys-b and jm, tl, pb. SP: my "math" buddy. ID: HL, my comedian. NT: catch me! AB: my pious saint. NS: you're amazing! MD: HL, pb's my role model. SD: swing high! For all of our great and crazy times-rock on! I love you all! Love to: Mom and Dad, H and R, N and N. "Dream as if you'll live forever, live as if you'll die today." ... See you at the show!

### ALYSSA ESPOSITO

"Reach for the sky even if you fall you'll land among the stars." K.D my sister for life we're living proof that friendship is forever. A.D I love you Thank you for blessing me with your undying friendship. S.L. KENT our famous duo I.D stew why me?! S.P and S.D. queens of crazy swing! N.T there's a wall! Grads of 2003 I will miss you all.



### CATHERINE EVANS

You must have been warned against letting the golden hours slip by. Yes, but some are golden only because we let them slip. -Barrie. To my family: without you, I would have been committed long ago. To my friends: love/hate, paradise island, jeebas, team 29, aussies, beatings, puddles, fluffy-ness, egotism. Thank you for growing up with me.



### CATHERINE FERNANDES

Hi everyone. I'm really bad at writing notes and seeing as this is very similar, I am not sure exactly what to say, so all I can think of is this (bear with me, it's kind of sappy): Sacred Heart is a great place to be, despite how it sometimes seems, and it has made me how I am today. I will always remember it as a good place and a great time. P.S: If anybody wants cookies, just call me two days before and I'll make some for you.



### JACLYN FINN

We finally made it! Mom, Dad and Matt, your love and support mean the world to me. To all my friends, so many memories! M.M K.C D.P (Stratford) C.E L.F Thanks for putting up with me "I love him. I hate him" C.C Don't give me no flack! I love you! C.P Hommie! RT to Alabama. Apu. N.B. Thanks big brother!

### ANNE MARIE FOOK CHONG

Well my five years of tattered boxers are over! Monz: Chova forever! AH: Best friends for life, CD: you'll always be my lucky star! TH, ID, NS, AB, CEALERS-thanks for the laughs! My COR family: I LOVE YOU GUYS. Mom I wouldn't have made it without you, thanks for the love. To my whole grade, I'll never forget how amazing you all were. Love always, Anners xox





### NATASHA FORQUES

So long fellow grads, it has been a great five years and I will miss you all. Dawaynabem buddies we had some good laughs, Bob Ross forever, beware of ungabunga, viva Ramoushka, Mika or Meeka, secret agent, I am not English, I do not eat crumpets but I am still the prettiest in the Fellowship. G.C, C.F, S.L thanks for putting up with me all this time.

### RITA FORLINI

Five years have passed by so fast.A.D-my best friend I love you.L.L-I don't know what I'd do without you( forehead sensations)-S.T.C-Thanks for always listening-P.R-chocolate chip cookie-K.F-I love your laugh-E.C-My stomach hurts-G.V-Achilles-C.S-T.W-K.K-C.L-G.P.A.A-M.P-V.C(my gina)-C.Z-table talks-retreat-Mom Dad Marco-thanks for the support-To all the grads-thanks for all the laughs, the tears but mostly for the memories.



### KARINA FRASCHETTI

We've shared many smiles and many tears, but nothing beats the laughter, it's been a great experience. Thank you Mom Dad Anthony for all the support, To all the teachers for your inspiration. To the most amazing friends, thank you for the great moments. CS: my best friend for life. ID: Adventures TW: first friend, Possey DSB Train crew lipsmakers hard rock Table talks AD ski trip bowling. Sabrina you're in my heart. Bouna fortuna a tutti!



### LAURA FRENCH BOURG

"Nothing succeeds like success" To friends: thanks for making my life much more meaningful. Mom and granny, thank you. It is to five years of incredible fun: water puddles, the fluffy mountain island, the land down under, music and high schools bags! Gracias! Merci!



### PEGGY GIKAS

First of all, just call me PEGGY! Fabulous 14/ Group mentality/Zeros/C/Moms/Sec III went down in pieces. Prefects: HotBook/X-rated talks / Big Mistake. Ev-Koukla-12 years. AM Metro days/ Mexico. AD Lab Partner. GV Vanier! TH you keep my hope alive. Mom, Dad, thanks for believing in me. Grads, remember the good times!

### ALICIA HAMMER

The Queen shall abuse her power. CIA gave a new "puse". MRE likes PP, BFF. Europe Trip/02, Fanta Shots! The Hitchhiker's Guide To The Galaxy is an atheist's bible! KH, will you beat it already? OXFORMATION RU shaking Barbie Girl? Hoi! Ms. Bates stop! Volleyball: Bag of chips! Here's to the end of late nights. IM laughing CZ IM nervous! Salami.





**TERI CAROLINE HATZITHRISTIDIS**  
Thank you Mom, Dad, Anna, Liza-I love you all! CF, NS, CC, KA, SZ: you're the best! CD: how can anyone be so dumb? AH, RBH, AS, AnnieP: couldn't have done it without you! It's been a great five years. Good luck and success to all! "Destiny is no matter of chance. It is a matter of choice: It is not a thing to be waited for, it is a thing to be achieved" W.J.Bryan

**EVELYN HATZITHOMAS**  
It's all psychological! GROUP MENTALITY props! You guys kept me going. I love you all. pink flamingos, ski trip, indecisive all the way! P.Rverb22 C.Cthanks for always being there PEG12 years K ou k l a k i L.Bflorida02' psycho! LIV fatso, madame? AL study twin. Mom, Dad, Xen, Tommy, I couldn't have done it without you. To anyone not mentioned, thank you for all the memories.



#### **CELINE KENDIROGLU**

To me, Life is like a glass half empty: cynical and gyped-off. I guess I have a lot to learn. To the Class of 2003: I wish you success in anything you hope to accomplish. Just remember: nothing ever beats respect. Laszie, VPP, Andy, and whoever I left out: for what little it's worth, please count on my affection and support at whatever distance. I love and appreciate you more than you know. Don't ever forget that.



#### **KATHLEEN KOUFOS**

"Best friends are sisters destiny forgot to give you". To all my sisters, you know who you are, I love you all and will always cherish the memories.  
DSB forever, Allancroft, San Diego, 3DL, TV shows, photocopies, prefects, French class (SZ+CC), „is that my calc.?”, hugs, dancing partner, bazooka and playing cards. Thanks Baba, Mom and Jonathan. Sarapo Poli.



#### **NATALIE KUSHNIR**

Wow! 5 years have gone by so fast. Always remember the important things, thanks to Mum, Dad, Daniel, Andrew and my grandparents for all their support. I'd also like to thank my teachers for all their help, and to my friends, it wouldn't have been the same without you. All good things must come to an end, good luck to the grads of 2003. Love you all!

#### **STEPHANIE LAI**

Those crazy years are finally over. Thanks to all who supported and kept me relatively sane over the years, my family and friends. There was never a dull moment between all those fun classes like economics and those mandatory masses. I came and I survived. That's all folks.



**ELISABETH LANTOSH**

Five years have gone by fast. To all my friends you have been like sisters to me- I love you all. CD/SC:10 years-AM:SIT DOWN! KA:B and A.SZ keep the attitude-ADC: get thee to a nunnery-AD/ RF/ KF/ CZ- Hard rock -chinchillas-talks- good times. To my family thanks for the support. Dav you will always be my shining star. To the grads of 2003 it is time to say goodbye. Buonna Fortuna

**NATASHA LASZCHUK**

Lord, help me to be strong and be with me wherever I go. Cwithout you I don't know where I'd be. K and A.Song! E: You made me believe in the music of my heart, I'll make you proud. J: You're my angel. K: Seizure! A: Halloween. P, A: Carpool! T: Soul Sisters! "My 14 stars: We got our goal! V: Aftermath! Mom: Your support means the world to me. You're never given a wish without being given the power to make it come true.

**CHRISTINE LAYDEN**

SUPERSTAR five unforgettable years have come to an end. J.G.-Good times, no hugs! K.D.-love you dear; T.W.- number one Homie; S.T-C-NAA; G.V.-Westies; C.S.-Cookies; Prefects-it's been awesome, much love; To all my friends and teachers: THANK YOU. Maman, Papa-I couldn't have done it without you. Je vous remercie infiniment. David- you're my number one star. BEST OF LUCK TO ALL.

**ANGELA LEE**

Thank you mommie for always believing in me and "Along", my teachers and LJPR (kweenz) you Tweety lover and Pochacco picture is retreat...you're not a lucky charm, you are annoying yet you are very understanding times). Swiss Chocolate Many thanks to the graduates of 2003 for the wonderful memories.

**SACHA LEE**

Thank you all, especially my friends KD: our loves JM BM TL! GC and HL forever! AD: DC JM or BM? dreamer for life! JD: emails and fuzzy! AE: loser clubs and ouija! SP: buffy rocks and evil stare! NT: LOTR and elijah rule! My family: I love you so much. This is the end and I'm moving on. "LIFE HOPE TRUTH TRUST FAITH PRIDE LOVE LUST PAIN HATE LIES GUILT LAUGH CRY LIVE DIE" -GC

**LIANA LEONE**

It's incredible how fast the years have passed, but I don't regret one day. To my best friends, La, Ants, Jessres, Pam, and Vané, I can't live without you gals. MA, tu eres una estrella, my prince, my best friend, I love you to death. Mama y papa, muchas gracias, thanks for believing in me. Ritz, it will never be the same without you. Thanks for everything, Mel. Thanks for the memories, the laughter, and the tears.





### CELIA LOMBARDI

AT-best friends, thick and thin, MP-best friend, label T., EB-miss Lippy-furball, CC-anyone? EH-lost, OD-economics, AC-curls, VC, MR, AD, PG, MM, GP, anners-ugly. Memories Forever, Bishops, Stratford, stand, skitrip, basket, and VA, GRAD.prefects- us forever. Roberto- love you! dad, mom, cyn, van, mel-thanks for your support, love you. CLASS 03, A YEAR TO REMEMBER!

### MEAGAN MALONE

MP, OD, EH, CC, CL, LB, AT, MR, AD, AC, VC, PG, ST=GM Its Over! LA six years Loser! JF KC, DP my Saviors Stratford OK AB flash Time RFLB YoYa CC lil Sis AD the Bus AC sec III MR media, Meg2O Doh Yeah, OurTalks.GP keep Dreaming CL stay sweet MP together We Are What We Can't Be Alone EHU Alive Basketball -Bishops MD thanks NN, AG Love You! Mom and Tom- Thank-you! Good Luck Grads Of 2003-Speak Your Mind!



### AVIVA MASELLA

Already over? Grads of 2003 thanks for an amazing five years! Each has forever shaped the person I am. SZ and KA I owe everything to you both! Never forget knee, IVC stars, VA blossoms, meals on wheels, McGill, maid, church buddy, table monitor and all the great friends and stuff! Thanks teachers and family. Grazie Ma, Pa, Roc. Good Luck! Carpe Diem.



### AMANDA MAZZANTI

We did it! Couldn't have survived without my CB5. My shining stars. Memories (hummer limo/ DOME/lite room/Texas/ TED's car (too funny)/my SISTERS. We never tried to fit in, we just stand out. To the best famiglia, grazie. PG thanks, Mexico' 03. Best for last, TAZ I love you. Thanks for making me a better person. Five minus one equals zero! La vita e bella!



### VIVIAN PAT PELONIS

Five years have passed in a blur of ups and downs, but we made it! Thanks to: Ma, Ba; Angie, best friends, barba! CK, for all the adventures; NL, NK, AA, CC, NS, AS and others; to the public: KL, KN, GL, TN, KM, PN. "Never let your schooling get in the way of your education" Good luck to the class of 03. Dwse mou psuxh n'avteksw ta xastoukia ths zwhs!

### DIANA PERONACE

It's all happening. Thank you to everyone who has helped me survive. Particularly: K-we made it and it's beyond me/ Meg- "that was due today?" behind/Chris-thank you for the best high school year of my life/ "How long left?" Laura-thanks for having gone through it. Mom, thank you from the bottom of my heart, "Is that my name on the wall?" I did it, and I think I can do it some more. "Every little thing gonna, be alright" Bob Marley





### GENEVIEVE PERTUGIA

Through all the laughter and the smiles, the hugs, and the tears you guys were there! All the good times and the friendships will never be forgotten. Mom, Dad, Mel, Van, Seb-thanks for all your love and support. I could have never done it without you! Thanks to the teachers (you know who you are!) Cherish life and push to your limits, never give up! Love You ALL! GOOD LUCK!!!

### MELANIE PERTUGIA

Through tears laughter and smiles, all good times and friendship will never be forgotten. CL,MM-bff that's all there is to it. AT,LB-never change.too funny. LL my rock, bus buddy. VCM STOP LAUGHING! PR-rotund. AA stay true. To all rest of my friends thanks for all memories. MOM, DAD-Gen Van Seb Rusty thanks for all your undying love and support. To all grads of 03 stay true and be real.



### SOPHIA PROTOPOULOS

Thanks: NT Anime men  
KD Math notes AE inside the earth huh? SL Goats and ducks! ID my bottomless pit AD Botch hoi CC metro talks AB my sunshine; to my family, and to my teachers: I shared a lot with you; good movies, stuff about Napoleon, drama, art; it was all good! My inspiring words to you: Hold on if you feel like letting go/Hold on it gets better than you know.



### LAILANI JOY REYES

We finally made it! Just some little love and thanks to God/Ma: care and support/Pa: best smiles/TINA: Kelly C./CHE: crazy/KAREN: many guys/KEN: stingy sweater/ANGIE: my craziness makes you sick!...I'll always remember the killer laughs and annoyance/STELLA 09: Love you too, phone(12 hours), every days, failure/never ending night annoyance. MAKAKS! (Monkey)

### PAMELA ROTONDO

To the grads of 03 your future holds unlimited potential. Here's to the best and worst of times. Thank you to: the teachers, the task ahead of us is never as great as the power behind us/ my gal pals for the gift of listening and understanding/ my parents who never once gave up, you are my hero/Mel friends come and go but sisters are forever/Pat I love you, you make me want to be a better person. Good luck



### MEAGHAN R

LB VC ST AC CC EH OD  
CLAD PGMMMP. Wemo  
the socks off JC [GROUP M  
TALITY] summer Nig  
(SmL), claw [Liv] BIMBO  
deny it till the end (savior  
my Other Half. E5. AD sup  
FOOTPRINTS I love you  
Tim Stone. thanks Mom, I  
and Jesse. my LADIES: it's  
now-it's been shut do  
"Work like you don't  
the money, Love like you  
never been hurt, Dance  
nobody's watching"



### CHRISTINA SAURO

Five years have come and gone but the memories will live on forever. DSB, Cookies, Posse, TableTalk, HardRock, Hugs, SSS, ChocolateShop, Team 29. To my friends: you have all made a difference in my life and left footprints on my heart. Never forget the good times we've shared, the crazy parties, the silly inside jokes and the tears. Mom, thank-you for your support. Love, Laugh and Dance

### ANU SHARMA

Ho, "I'm adopted! Buy girl guide cookies from me!" Next stop! Greater concentration? SSUNS, ox Ljubcic, Leinemann (how do you pronounce that?) Thanks for all the food(CF) Bangkok Napoleon/Robocop. Room key. Afghanistanimation! The bells have stopped ringing. 1 Ah Ah Ah 2 Ah Ah Ah I'm going through the window, Ah Ah Ah! "Principal Skinner, I need some shoes." Cheers, ANOOOO



### NATASHA SIAO

I can't believe it's over! There are things I will miss and others I'm glad to miss. Thank you to: CD- bus boy/Katie!/ CC-Legolas/ TWLaughs/ KK-Vaughn/ RBH-perfect/ SZ/KA/ AM/AFC/SD/PP/AS/ AE/NT-jokes/ SP/SL-GC/ ID/ AB, you mean the world to me, to those whom I've gotten to know-good luck, to all the teachers for your time, and to my family. ALIAS forever!



### NANOR TABAKIAN

CB5 My Stars!RAFFI I LOVE YOU!Amanda Best friends forever!(AM,AV,AC,SDG,)Texas girls/DOME/Limo/Cages/extremes/Perfect room/ LaRonde/Rings/Parties/five Sisters! AM my princess/AV my heart/AC my angel/ Sabrina my star! BF! Mom,Dad thanks for everything! Thanks (AM, AC, AV, SDG, RT, AM, SJ, LA, VM, LK, SS, MM) Love you!(my angels GM, GP) Armo pride for life! Good luck 2003! Ciao



SOPHIA TEXEIRA-CRISOSTOMO  
Para a minha familia, obrigada por todo!LM thanks for teaching me so much, I love you!Sir and MrB, thanks for the time and understanding. Prefects the talks!CL NAA for life.RF thanks for being there.GP my dancer, the lights!GV I couldn't have done it without you!GV,TW,EC,KK, P H O T O C O P I E S ! PR,KF,IDL you guys are great, thanks for everything! I love you all!

### NANCY TOWNSEND

There's much I'd like to say about SHSM but, not wanting my comments censored, I'll just say this: every one of you has influenced me in some way, whether good or bad and I will remember. Goodbye "Education is an admirable thing, but it is well to remember from time to time that nothing that is worth knowing can be taught" -Oscar Wilde





### SERENA TRIFIRO

"Pride is holding your head up when everyone around you has theirs bowed. Courage is what makes you do it." GROUP MENTALITY : BOJANGOOOO!!! VW: mi casa su casa. Love you MR: You saved me PR: THANK YOU" We are all angels with one wing and can only fly embracing each other." (M.M) Prefects: "one for all and all for one". This isn't goodbye-I'll see you all again in purgatory

### ALICIA TROLI

WHY? CL/LB/EH/CC/OD/ ST/AC/MR/MP/PG/MM/ AD(GMPink Flams E5(Fab14) SkiTrip-BOJANGO/Cuba/ Dt=PARTY VA:Stella PREFECTS: all 41- 14 all CL: thick and thin CV: sag sister JP: my number one boy LB: Beach EH: apopisu CC: duo BK: agapimo To my FAMILY and TEACHERS-thanks for the support "The only thing you take with you when you're gone is what you leave behind" CLASS 03- I LOVE YOU GUYS



### AMANDA VARANO

It's all about Five Stars on their way to Shine/Five sisters forever-SD-AC-NT-AM/All those tears, laughs, Lite Room, Ted will pay, we're Dreamers-Texas-Dome- Ice Cream rules but crazy beautiful us-Priceless! Sab-my star-angel-hero-I believe you can fly(promise) Grazie a numero uno Mom-Dad/ Bianca-the best-Jon-Nathan-love you! CLAO A La Vita Bella!



### GEORGIA VRIANOS

Grads of 2003-the memory will never die. To the sex SC only us! XXX Bib photocopier! PGVANIER'S and VM Adrenaline CUP BABY! CL roomie. To all DSB's: PR-sand and straw LL/MP/GP-Reach for the sky/ID/ADrum/AA/K Junewhat?/KF/Ricta/ EQ TW/CC/LB/AT/CZ. May the world needs more people like you. Mom, Dad, Achille Sito thanks for being my number one fans.



### TARA WONG

Mom, Dad, Barry-I owe it all to your unconditional love. KF-First friend. KK- My right arm. EC-Partner in crime. CL-Homiez. Lab Partner Cheese Benfest San Diego Hardrock Chocolate Shop West Islanders. Prefects and Friends-We shared the best of times; we shared the worst of times. Everything that could have happened did. The special thing is we got through it together. I love you all.

### CHRISTINA ZAKEM

To all my friends, thanks for the friendships, the laughs and the many memories that I will cherish forever. Never forget the good times: hard rock, table talks, posse, kiki, Stratford, Vocalz. Ama and Bri: friends forever. Ka, I couldn't have done it without you. To my family, I love you! To the Grads of 2003, Good Luck! Madonna, it's over! La Vita E!





**SARAH ZULLO**

"You know what your problem is Peekay? You worry too much. With you as a friend, that's hardly bloody surprising." -BC Thank you Karine and Aviva for always keeping me on my toes and sharing with me a truly meaningful friendship. I wish the class of 2003 all the best and may your dreams become reality.



# Secondary V Retreat



This January 23rd, Secondary V left for St. Jerome, where our last retreat was held. These were two very special days filled with happiness, love, laughs, and tears. The movies and activities we participated in were an obvious realization that we all possess "The Power of One". Especially after the tears during the candlelit ceremony and the "Blue's Notes", everyone recognized and appreciated the impact that our fellow classmates have made in shaping who we are. Regardless of the bitter weather, the wonderful retreat and great memories were more than enough to give us warmth! It surely was a great way to celebrate our last retreat!

Aviva Masella



# Stratford.. here we come!



From September 10 until September 12, we, the secondary V students, had the privilege of visiting the whimsical little town of Stratford, Ontario. We attended as spectators three highly entertaining plays: *Romeo & Juliet*, *Richard III*, and *My Fair Lady*. An enormous thank you to Mrs. Cochrane, Ms. O'Neill, Ms. Bichsel, and Ms. Portanier for accompanying us on this trip. Our many excursions to Tim Hortons and our days out on the town will never be forgotten. Stratford was a "loverly"! experience

Peggy Gikas





# *Blast from*



# *the Past*



# Babies on Board



### MOST LIKELY TO...

1. Karine Al-Ahmad: to marry an NBA player and make burping a national sport in Lebanon
2. Lydia Abner: to own the largest collection of heart objects and never leave home without her step stool
3. Andria Arcari: to run for Prime Minister, win the election, invest the country's funds in the stock market, make millions and lose it all at the casino
4. Amanda Barile: to be late for her and Bon Jovi's wedding
5. Elizabeth Biscotti: to sell her body for a Ferrari
6. Kristine Bobak: to draw little sketches everywhere and read Red Meat comics forever
7. Rebecca Boucher Hammaker: to learn how to add and become a professional robber
8. Gabrielle Cadieux: to stalk George Lucas and force him to watch her movies
9. Kathryn Calabretta: to become a famous punk star
10. Amanda Casola: to skip class at Dawson and go shopping everyday
11. Christine Chan: to be abducted by aliens and abduct one back
12. Emily Cholette: to remake Gloria Gayner's "I Will Survive" and sing it at Vocalz, where someone will approach her with a record deal, and she'll become rich and famous
13. Sabrina Colornello: to marry a rich man, and spend all his money on hair products
14. Vanessa Cori-Manocchio: to laugh at her own funeral
15. Claudine Courte: to express her feelings about a test for years to come
16. Alexandra Crevier: to chain herself to a tree in the hopes of saving the environment... and the pandas
17. Christine D'Ascanio: to find her prince charming, marry him in Disneyland and ride into the sunset, living happily ever after
18. Olivia Del Torto: to move to a nudist colony
19. Amanda De Rosa: to coin the word "Fuzzies" and have the best relationship with Ben Affleck and Tara
20. Alexandra Di Cori: to marry a set of twins because she can't decide between them while becoming the next Dr. Laura Shlesinger
21. Cynthia Di Giandomenico: to open a chocolate factory, and eat all the chocolate and stalk guys on public transportation
22. Sabrina Di Giandomenico: to become a famous star, live in a mansion with Del Piero and drink chocolate milk
23. Ivana Di Leo: to never learn to play drums, but insist she is a drummer in a band
24. Audrey Dolberg: to live in every country in the world, become a professional dancer and not remember a minute of it
25. Katie Duffy: to go on tour while still stalking her favourite musicians
26. Alyssa Esposito: to start a successful magazine and live a glamorous life
27. Catherine Evans: to sleep through every class at Cegep, and still have a 100% general average
28. Catherine Fernandes: to marry Gimli (son of Gloom), and then have an affair with Ewan McGregor and open a cookie tavern
29. Jaclyn Finn: to be attacked by a group of disgruntled ex-boyfriends, while screaming "Not the hair, anything but the hair!"
30. Anne Marie Fook Chong: to become the next Tyra Banks, and to own a pet camel
31. Natasha Forges: to live in a pecan tree
32. Rita Forlani: to marry Bon Jovi, drive a silver BMW and own a condo at the Olympic Village with Amanda
33. Karina Fraschetti: to open her own club and become a dancer
34. Laura French: to invent her own language, move to Australia and teach etiquette
35. Peggy Gikas: to retire to Maui at the age of 25 and never ever return
36. Alcia Hammer: to take the fat off her cheeks, put it on her missing hip, become a model and build an Amerindian empire
37. Teri Hatzihristidis: to marry a very ox-like man, and discover after twenty years that her husband is really a woman
38. Evelyn Hatzithomas: to never have a career, never get married and never get settled because she simply couldn't decide
39. Celene Kendiroglu: to marry Jimmy Fallon, divorce him for Simon Cowell, become the 4th American Idol judge and feel justified in telling all of North America to be quiet
40. Kathleen Koufos: to become lazy, unorganized and sloppy when she joins the Greek Mafia
41. Natalie Kushner: to marry rich, and drive her husband to bankruptcy
42. Stephanie Lai: to resurrect Big Ben
43. Elisabeth Lantosh: to become the most outspoken, well-dressed and envied lawyer ever and still be called a blond
44. Natasha Laszchuk: to become a Celine Dion clone, through plastic surgery, and to remain bilingual and be able to speak Russian
45. Christine Layden: to start her own under water colony and have a lip disease named after her
46. Angela Lee: to literally go insane from being annoyed
47. Sacha Lee: to sing in a band and become rich and famous especially for her crazy hand motions
48. Liana Leone: to become a hair dresser and dye her hair all the colours of the rainbow
49. Celia Lombardi: to come out after hours of labour with perfect hair
50. Meagan Malone: to always have an opinion about everything
51. Aviva Masella: to be the first brain surgeon to be institutionalized for getting high on laughs and smiles
52. Amanda Mazzanti: to grow 10 inches and become the next Victoria Secret model
53. Vivian Pelonis: to make a lot of money, plan on saving up for a trip to Greece, but instead buy out the entire clothing line of G-sus and Fuk
54. Diana Peronate: to die of a spaz attack
55. Genevieve Pertugia: to become the world's most famous dancer and laugh at different colour lights
56. Melanie Pertugia: to start her own Jojo psychic alliance and answer everyone's questions but her own
57. Sophie Protopoulos: to marry a man named Toya, but secretly fall in love with a goat
58. Meaghan Rath: to become the most over exaggerated actress, live an over exaggerated life and die an over exaggerated death
59. Lailani Reyes: to fall in love with her hair and walk about aimlessly
60. Pamela Rotondo: to tackle a 7 foot man and mistake every guy for Saku Koivu
61. Christina Sauro: to play Willy Wonka in the remake of the movie so she can swim in a pool of chocolate
62. Anu Sharma: to become an obese American couch potato who always watches television, and never cracks open a book unless it's the TVGuide
63. Natasha Siao: to start a daycare and kidnap all the babies
64. Nanci Tabakian: to become the next Gisele Bunchen and marry her high school sweetheart
65. Sophia Teixeira-Crisostomo: to get married and still be embarrassed in front of her husband
66. Nancy Townsend: to become a director of Japanese animated films while searching for a man with legs as nice as Tidus
67. Serena Trifiro: to become a crabby old woman, who lives alone, yelling at little kids to get off her lawn
68. Alicia Troli: to blow VA away
69. Amanda Varano: to buy out ice cream and Italian clothing while driving a Ferrari to her new job as Teresa on Passions
70. Georgia Vriniotis: to spontaneously combust before she gets a chance to become anything, because she doesn't factor sleeping into her schedule
71. Tara Wong: to marry Ben Affleck, whom she must share with Amanda, and try every drink ever invented
72. Christina Zakem: to invent a cure for PMS, while saying "I'm sorry" every five seconds
73. Sarah Zullo: to become the #1 Olympic athlete while dating old men and being accused of geriophilia at the age of 25

# And The

## Teachers' Pet



Andria Arcari  
Aviva Masella

## Best Smell



Lydia Anber  
Amanda Casola

## Most Athletic



Pamela Rotondo  
Sarah Zullo

## Cutest

## Class Clown

## Best Eyes



Anne-Marie Fook Chong  
Melanie Pertugia



Ivana Di Leo  
Alicia Troli



Liana Leone  
Vivian Pat Pelonis

## Nicest Smile

## Best Laugh

## Best Eyelashes



Sabrina Di Giandomenico



Vanessa Cori-Manocchio  
Katie Duffy



Rita Forlini  
Amanda Varano

# Winner Is...

## Best Hair



Liana Leone  
Celia Lombardi

## Most Sarcastic



Nancy Townsend  
Sarah Zullo

## Shortest Skirt



Christine Layden  
Amanda Mazzanti

## Biggest Attitude



Meagan Malone  
Sophie Protopoulos

## Quietest



Natalie Kushnir  
Stephanie Lai

## “Rockstars!”



Kate Calabretta  
Katie Duffy

## Most Respected



Catherine Evans  
Georgia Vriniotis

## Most Loquacious

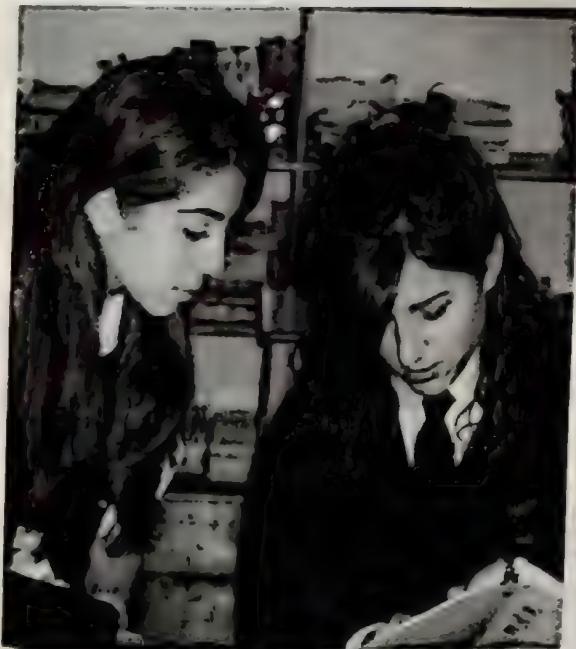


Celine Kendiroglu  
Elisabeth Lantosh

## Most Disorganized



Anu Sharma  
Christina Zakem







# Activities

# Breast Cancer Walk



This year's Breast Cancer Walk took place on September 19. The committee started planning for this day in May 2002! When the day finally came we were all so excited! As committee members, we received pink bandanas and all the girls who participated received t-shirts. The other schools involved in the walk were Villa Maria (French and English), QAA, Trafalgar, The Study and ECS. Our school raised over \$56 000! Villa Maria created the song using Ricki Martin's hit "The Cup of Life". I'd like to thank all the committee members for helping to plan this event: Rita Forlini, Amanda DeRosa, Meagan Malone, Jessica Mc Bain, Stephanie Charron and Andrea Zakem. I would also like to give a very special thank you to Ms. Del Tarto for helping us, we could not have done it without you!

Kathleen Koufos



# Christmas Wishes



# SACRED Heart LIVE



The Sacred Heart School of Monrovia  
Gladly Presents:

# Whodunnit

By Anthony Shaffer



# House Day



# Spirit Days



# Sec. V Entertainment



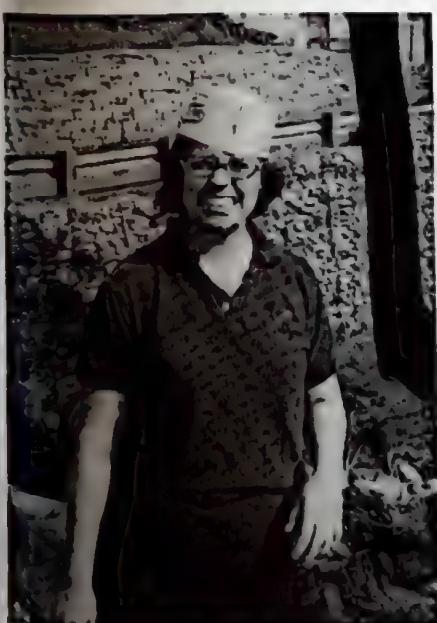
# Ski Trip

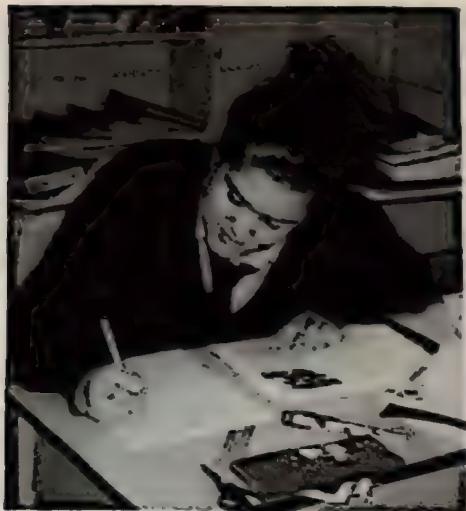




# Sports Day







# Clubs



# Art Club



Kristine Bobak, Grace Mac Donald, Tanya Naami, Cynthia Mancinelli, Amara Men, Jessica Carriero. *Missing:* Robyn Asquini, Gabrielle Cadieux, Michelle Cadieux, Claire Carny, Shayesta Chattoo, Arohie Chopra, Jessica Covino, Meaghan Evans, Claire Farrell, Ruveneko Ferdinand-Peterkin, Catherine Fernandes, Alison Freund, Alessandra Giuliano, Stéphanie Karzon, Stephanie Lai, Angela Lee, Michelle Lewis, Tanya Lo Basso, Viviane Luu, Alessandra Manno, Natalie Melikoff, Valentine Ostaszewski, Katerina Pansera, Sabrina Ponari, Sonia Ponari, Kristina Raimondo, Lailani Reyes, Caroline Roy, Alexandra Sampson, Kristin Sani, Ravneet Singh, Claudia Spina, Bianca Sportella, Rachel Thouin, Caroline Trubiano, Melanie Tutino, and Lauren-Amy Vauphas.

**Advisor: Ms. Gendron** (*above right*)

# Calculus Club



Aviva Masella, Natasha Forques, Karine Al-Ahmad, Georgia Vriniotis, and Sophia Teixeira-Crisostomo

**Advisor : Mr. Bordonaro** (*above right*)

# Junior Debating



Monica Peters, Sophie Cowan, Shayesta Chattoo, Catherine Evans, Isabella Matteo, Dan Thanh Truong, Stephanie Amorosa, Elizabeth Stronach, Alyssa Power, Gillian Kerr, Janet Bellwear, Patricia Snell, Catherine Farrell Missing: Janet Belliveau, Krystin D'Agostino, Ruveneko Ferdinand-Peterkin, Lambrini Kakogiannakis, Victoria Laliberté, Grace MacDonald, Tanya Naami, Jennifer Panetta, Andrea Sargisson, Emily Snell, and Ka Watkins-Martin

Advisors: Mr. Bordonaro and Catherine Evans

# Senior Debating



Catherine Evans, Christina Sauro, Natasha Rizzo, Bianca Daniell, Elise Carré, Margaret Snell Missing: Candice Fridman

Advisor: Mr. Bordonaro (*above right*)

# Club de Français



Marie McCulloch, Maria Kyres, Sara McCulloch, Claudia Spina, Romina Perrotti, Sophie Predan-Chauvin, Bethea Clarke, Christine D'Ascanio, Alexandra Lantosh, Stéphanie Panetta, Sabrina Colonnello, Andrea Zakem. Missing: Michelle Cadieux, Elisa D'Ascanio, Marion Gale, Elisabeth Lantosh, and Keyinsha Yokenderan.

Advisors: Mme de Sainte Marie, Mme Arnaud, and Mme Morriseau (above)

# Public Speaking



Stephanie Coull, Andrea Sargisson, Catherine Evans

Advisor: Ms. O'Neill (above left)

# Vocal Ensemble



Jessica Sew, Sophia Sekkat, Sacha Lee, Angela Lee, Jenika Ferretti-Gallon, Gabrielle Cadieux, Vanessa Velkoff-Woo, Dan Thanh Truong, Sophie Protopoulos, Catherine Bornasal, Sarah Al-Roubaie, Elisabeth Lantosh, Sabrina Colonnello\*, Halina Bruce, Christine D'Ascanio\*, Keyinsha Yokenderan\*, Stéphanie Panetta, Bethea Clarke\*, Sofia Baig, Claudia Spina\*, Robyn Asquini\*, Margaret Snell, Sophie Predan-Chauvin, Mila Tran, Sophia Grigoropoulos\*, Kathryn Palmer\*, Natasha Laszchuk\*. Missing: Christine Chan, and Teri Hatzihristidis.

\*indicates members of Chamber Ensemble

Advisor: Ms. Martel (above right)

# Liturgical Choir



Ashley Arnold, Caterina Marando, Sophie Predan-Chauvin, Natasha Lo Basso, Arohie Chopra, Claudia Spina, Jennifer Barwick, Marion Gale, Vanessa Pendenza, Lydia Anber, Jennifer Marton, Keyinsha Yokenderan, Carolyn Derynck, Gabrielle, Lafrance, Stéphanie Amorosa, Stefania Bertrand, Sandra Godin, Patricia Snell, Natasha Laszchuk, Katrina Ross Missing: Amanda Barile, Elise Carré, Tecla Cesta, Jessica D'Amico, Bianca Daniell, Katie Duffy, Catherine Dunn-Sarmiento, Alyssa Esposito, Ruveneko Ferdinand- Peterkin, Peggy Gikas, Robyn Grassby, Evelyn Hatzithomas, Stéphanie Karzon, Charlotte Lamontagne, Angela Lee, Isabelle Levesque, Katherine Mandilaras, Kylie Newton, Alexandra Pakis, Jennifer Panetta, Tiffany Porraccio, Lailani Joy Reyes, Caroline Trubiano, and Laura Vannelli.

Advisor: Mr. Hammet (above)

# She Investment



Andria Arcari, Ivana Di Leo, Amanda De Rosa, Pamela Rotondo Missing: Alicia Troli

Advisors: Mr. Bordonaro and Mr. Fillion (above)

# Jeunes Démocrates



Nicole Brunelle, Elise Carré, Lisa Zimanyi, Jennifer Marton, Laura French, Sarah Zullo. Missing: Candice Friedman, Andrea Zakem, Christina Zakem.

Advisor: Mr. Bordonaro (above right)

# Chorale



Shayesta Chattoo, Sophia Gngoropoulos, Stefania Bertrand, Erin Brownhill, Gabrielle Lafrance, Marion Gale, Stephanie Amorosa, Madelyn Coull, Sandra Godin, Jennifer Barwick, Vanessa Pendenza, and Katrina Lamothe

Advisor: Ms. Martel *(above)*

# Volleyball



Romina Perroti, Francesca Manno, Gloria Choi, Vivianne Luu, Lea Dikranian, Bethea Blarke, Alexandra Lantosh, Keyinsha Yokenderan, Yasmin Moinudinn, Lisa Zimanyi Missing: Lydia Anber, Robyn Asquini, Johanna Bitharas, Christine Chan, Jenika Ferretti-Gallon, Elisabeth Lantosh, and Natasha Laszchuk.

Advisor: Mr. Pagé *(above)*

# Robotics





# Sports

## Bantam Soccer Team

Coach: Ms Vaupshas



Vanessa Afonso, Allysa Analytis, Jennifer Barwick, Andrea Cavaleri, Kirsten Charron, Isabella, Covino, Jessica D'Amico, Elisa D'Ascanio, Caitlin De Sève, Mélyssa Desmarais, Marion Gale, Isabelle Levesque, Davina Loporcaro, Lisa Martin, Tian Martin, Isabella Matteo, Emily Snell, Patricia Snell, Bianca Sportella, Monika Zilic

## Midget Soccer Team

Coaches: Mrs. Cumming  
and Mr. Chimienti



Tanya Chawla, Teresa Chimienti, Cassandra Cuffaro, Ashley Davis-Annett, Natasia De Paoli, Justine Farah, Anne Fournel, Melissa Lombardi, Jessica McBain, Jennifer Newton, Nicoletta Pantazopoulos, Maria Pertugia, Christina Rizzo, Stephania Roy, Alexandra Troli, Stéphanie Vokaty

## Juvenile Soccer Team

Coach: Mr. Laperle



Andria Arcari, Amanda Barile, Stéphanie Charron, Emily Cholette, Amanda Derosa, Ivana Di Leo, Rita Forlini, Karina Fraschetti, Kathleen Koufos, Celia Lombardi, Vanessa Lombardi, Mélanie Pertugia, Pamela Rotondo Missing, Elizabeth Biscotti, Amanda Conca, Margaret Snell, and Alicia Troli

Bantam  
Volleyball Team

Coach: Mr. Page



Olivia Burke, Léa Dikranian, Alexandra Lantosh, Andrea Latella-Duboyce, Viviane Luu, Francesca Manno, Yasmin Moinuddin, and Gloria Nguyen. Missing: Gabrielle Alacchi, and Joanna Bitharas

Midget  
Volleyball Team

Coach: Ms MacCallum  
and Miss Boucher



Gloria Choi, Bethea Clarke, Carolyn Derynck, Caroline Donahue, Dayna Hajaly, Krista Hold, Sara McCulloch, Deidra Santos, Shannon Summers, Keyinsha Yokenderan, Andrea Zakem

Juvenile  
Volleyball Team

Coaches: Miss Neeff  
and Mr. Kousik



Karine Al-Ahmad, Christine Chan, Jaclyn Finn, Alicia Hammer, Elisabeth Lantosh, Natasha Laszchuk, Serena Trifiro, Georgia Vriniotis. Missing: Lydia Anber

## Bantam and Midget Tennis Team

*Coach: Mme. Morrisseau and Mr. Asquini*



Allyssa Analytis, Robyn Asquini, Danielle Beard, Joanna Bitharas, Olivia Brown, Sarah Crevier, Nastasia De Paoli, Jenika Ferretti-Gallon, Victoria Laliberté, Lisa Martin, Gloria Nguyen, Mai Nguyen, Deena Patel, Monica Peters, and Anna Pollack

## Juvenile Tennis Team

*Coaches: Mme Morrisseau and Mr. Asquini*



Vanessa Cori-Manocchio, Alexandra Crevier, Georgia Vrniotis Missing: Natasha Laszchuk, Angela Lee, Serena Trifiro, and Christina Zakem

## Golf Team

*Coach: Mr. Pagé*



Anne Michelle Arless, Mélissa Hindley, Jennifer Newton Missing: Tanya Chawla, and Robyn Grassby

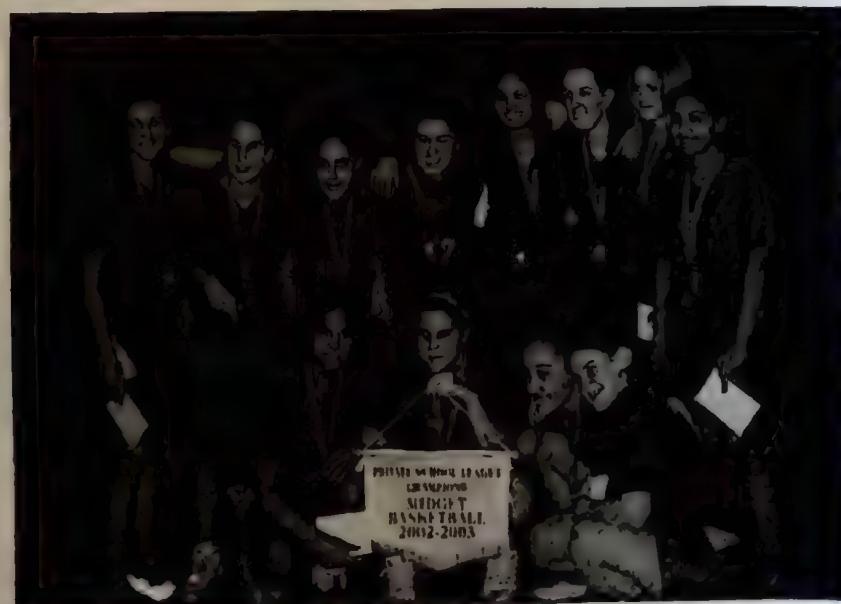
## Bantam Basketball Team

Coaches: Andria Arcari, and Mrs. Cumming



## Midget Basketball Team

Coach: Miss Ritou Maloni



## Juvenile Basketball Team

Coach: Miss Neeff



Lara Artin, Andria Cavalieri, Emily Chacon, Caitlin De Soto, Leah Dikranian, Ruvencu Ferdinand Peterkin, Melania Golymbiowsky, Elizabeth Hatzihristidis, Gillian Kerr, Stephanie Khoury, Tian Martin, Stephania Roy, Hillan Tabah, Alexandra Tru and Stephanie Vokan

Laura Aiken, Sarah A. Roubaie, Anne Michel Arless, Ashley Davis Annett, Sophia Grigoropoulos, Melisa Hindley, Deena Patel, Andrea Sargisson, Alexandra Valente-Fernandes, Tenisha Valliant and Keyntha Yokenderan

Halina Bruce, Nicole Brunelle, Olivia Del Torto, Evelyn Hatzithomas, Celia Lombardi, Meagan Malone, Deidra Santy, Alicia Trois Missing, Elizabteh Biscott, and Claudine Courtey

## Bantam Badminton Team

Coaches: Mr. Clarke  
and Mr. Pagé



Vanessa Afonso, Arobie Chopra, Alexandra Lantosh, Kathryn Palmer, Melissa Pansera, Patricia Snell, Monika Zilic *Missing:* Jessica D'Amico

## Midget Badminton Team

Coaches: Mr. Clarke  
and Mr. Pagé



Gloria Choi, Betha Clarke, Jenuka Ferretti-Gallon, Katherine Meredith, Keyinsha Yokenderan, Lisa Zimanyi *Missing:* Monica Peters, Caroline Rudolph-Zbarsky, and Shannon Summers

## Juvenile Badminton Team

Coaches: Mr. Clarke  
and Mr. Pagé



Christine Chan, Cynthia Di Giandomenico, Angela Lee, Lailani Reyes, Natasha Siao, Sarah Zullo *Missing:* Elisabeth Lantosh

## Bantam Touch Football Team

Coaches: Mr. Cumming and Mr. Charron



## Juvenile Touch Football Team

Coaches: Mr. Cumming and Mr. Vannelli



## Softball Team

Coaches: Mr. Hammett and Mr. Hindley



Stephanie Allerga, Tara Artinian, Jennifer Barwick, Olivia Burke, Andrea Cavaleri, Kirsten Charron, Melissa Desmarais, Gillian Kerr, Tian Martin, Jennifer Newton, Stephanie Roy, Patricia Snell, Alexandra Troli, and Stephanie Vokaty

Andria Arcari, Nicole Brunelle, Stephanie Charron, Amanda Conca, Ashley Davis-Annett, Nastasia De Paoli, Cynthia Di Giandomenico, Mansa Hattem, Melissa Hindley, Jennifer Marton, Sara McCulloch, Katherine Meredith, Andrea Sargeisson, Christine Vannelli, Keyinsha Yokenderan Missing Olivia Del Torto, Alexandra Pakis, Alia Troli

Laura Aiken, Sofia Bag Kristine Bobak, Olivia Brown, Halina Bruce, Catherine Brunelle, Nicole Brunelle, Melissa Hindley, Charlotte Lamontagne, Jennifer Marton, Kathryn Palmer, Adriana Pansera, Caroline Rudolph-Zbarsky, Stephanie Zaken, Lisa Zimanyi Missing Alexandra Pakis

## Bantam Swimming Team

Coaches: Jacalyn Guy and Mme Talbot



Melissa Desmarais, Alessandra Giuliano, Alana Guy, Stephanie Karzon, Jennifer Newton, Samantha Reusch-Desautels, Elizabeth Stronach Missing: Jennifer Barwick, Kirsten Charron, Virginia Clarke, Sarah Crevier, Krystin D'Agostino, Valentine Ostaszewski, and Kayla Yip

## Midget and Juvenile Swimming Team

Coaches: Jacalyn Guy and Mme Talbot



Caroline Donohue, Natasha Egiziano, Pamela Hamilton, Emily Howard, Tania Pellizzari, Lisa Rasmuseen, Caroline Roy Missing: Vanessa Berretta, Michelle Cadieux, Alexandra Crevier, Teedah Hammer, Christine Layden, Alexandra Pakis, Margaret Snell, Katherine Stavro, and Sophia Teixeira-Crisostomo

## Cross-Country Running Team

Coaches: Mrs. Cochrane, Mme Belfort, and Ms. Portanier



Lara Artinian, Erin Brownbill, Melania Golymbowsky, Emily Snell, Bianca Sportella Diana Wilberg, Lisa Zimanyi Missing: Stephanie Alberga, Jennifer Barwick, Rebecca Boucher-Hammaker, Michelle Cadieux, Adrienne Campbell, Andrea Cavaleri, Katarzyna Chmielarz, Jessica D'Amico, Cynthia Di Giandomenico, Justine Farah, Anne Marie Fook Chong, Myriam Fournier-Tombs, Christa Goulakos, Aviva Masella, Christina Sauro, Anuradha Sharma, Patricia Snell, Melanie Tutino, Stephanie Vokaty, Tara Wong, Keyinsha Yokenderan, and Sarah Zullo.

## X-Country Skiing

Coaches: Mme Tremblay and Ms. Laurie Baird



Bethea Clarke, Catherine Dunn, Sarmiento, Justine Farah, Myriam Fournier-Tombs, Marion Gale, Charlotte Lamontagne, Amara-Men, Kathryn Palmer, Amanda Phillips, Alyssa Power, Katherine Stavro, Lisa Zimanyi

## Indoor Track and Field Team

Coach: Mme Belfort



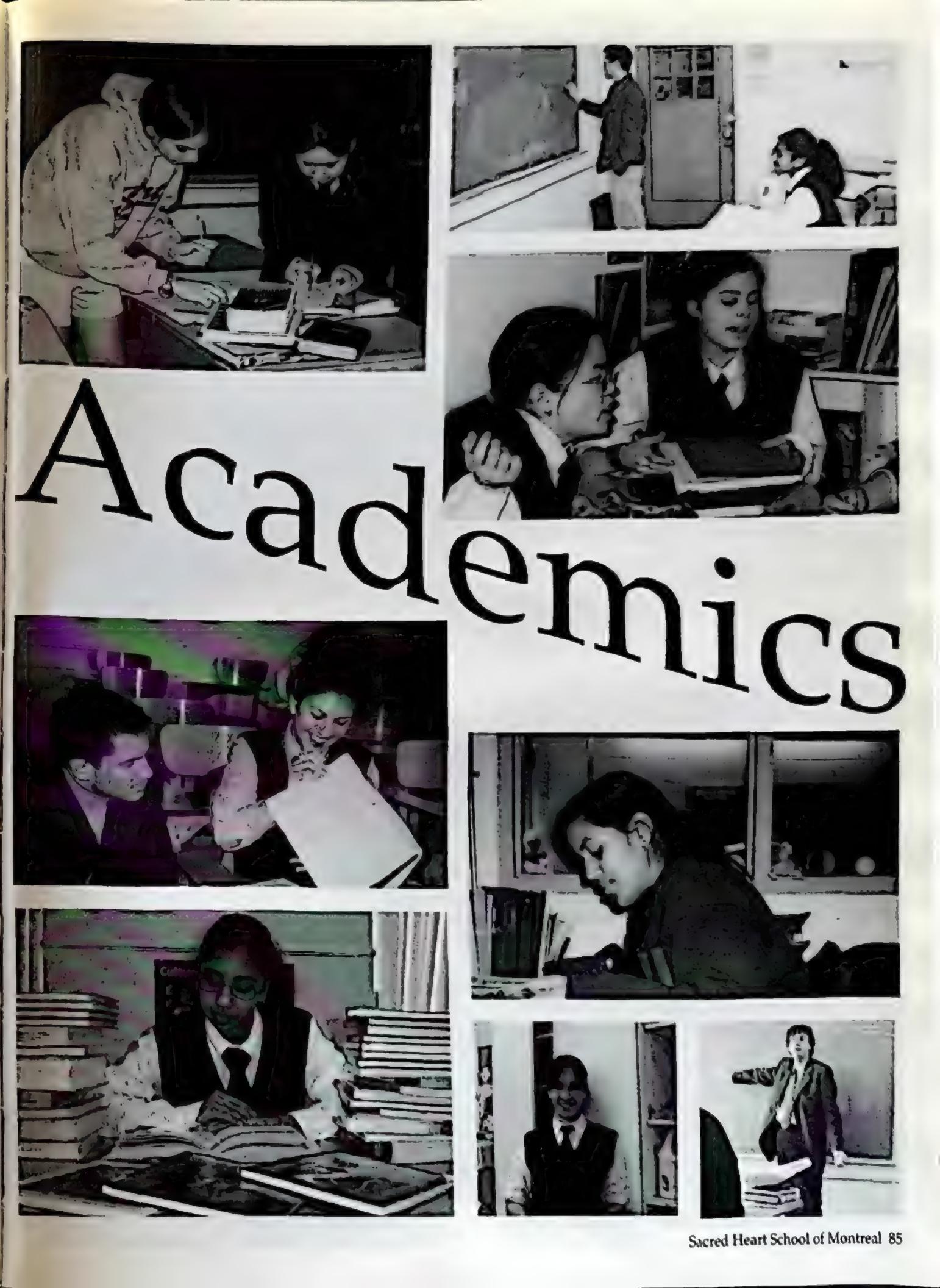
Jennifer Barwick, Erin Brownbill, Teresa Chimienti, Jessica D'Amico, Melissa Desmarais, Cynthia Di Giandomenico, Justine Farah, Kanna Fraschetti, Isabelle Levesque, Stephanie Maris, Isabella Matteo, Kylie Newton, Nadia Santagata, Natasha Siao, Bianca Sportella, Stephanie Vokaty, Diana Wilberg, Sarah Zullo Missing, Andria Arcari, Jessica Covino, Crystal De'Souza, Ivana Di Leo, Robyn Grassby, Vanessa Pendenza, and Pamela Rotondo

## Outdoor Track and Field Team

Coaches: Mme Belfort, Mrs. Cumming and Miss Neeff



Karine Al-Ahmad, Jennifer Barwick, Erin Brownbill, Halle Bruce, Nicole Brunelle, Adrena Campbell, Christine Chan, Teresa Chimienti, Katarzyna Chmuelarz, Emily Cholette, Bethea Clarke, Jessica D'Amico, Melissa Desmarais, Cynthia Di Giandomenico, Justine Farah, Jenika Ferretti-Gallon, Anne Fournet, Kanna Fraschetti, Marion Gale, Isabelle Levesque, Diana MacKinnon, Cynthia Mancinelli, Stephanie Maris, Isabella Matteo, Nicoletta Pantazopoulos, Alyssa Power, Samantha Reusch-Dessauls, Pamela Rotondo, Nadia Santagata, Christina Sauer, Natasha Siao, Emily Snell, Bianca Sportella, Shannon Summers, Stephanie Vokaty, Keynsha Yokenderan, Lisa Zimanyi



# Academics

# Literature and Art

## Life in an All-Girls School: How to Preserve your Sanity (inspired by The Power of One, by Bryce Courtenay)

Life in an all-girls school is a grueling test of endurance, intelligence and character. Uncovering subtext, interpreting body language, and knowledge of mind games are all essential to the achievement of success. However, this is not enough to reach the top. From personal experience, I have discovered that there are certain rules that should always be followed in order to keep the peace, and consequently, your reputation. The following is what I know for sure.

Rule number one: It is imperative that you distance yourself from all the drama. In a miniature world where there are no boys and rarely does something truly interesting and worthwhile actually happen, it is common practice for people to turn molehills into mountains. You must learn to spot the real problems, or even the real problems behind the fake problems, and handle them with care. Never belittle them, scoff at them, compare them to your own problems, or worst of all, tell the problem sufferer that everything will work out. Breaching these rules of thumb often ends in an unspoken fight between you and the victim in the victim's mind.

Rule number two: Never speak your mind at the end of the month unless you are looking for trouble. One in three women suffer from Premenstrual Syndrome and it is a proven fact that women who spend almost all their time together begin to cycle together. If it is that time of the month for everyone, disagreements are bound to spread like wildfire. Therefore, the end of the month is when snide remarks, unruly outbursts, nervous breakdowns, and catfights are most likely to break loose. If and when this happens, and it will undoubtedly happen, please refer to rule number one.

Rule number three: Because jealousy is rampant, there are certain subjects you must avoid at all costs. Height, weight, hair type, bone structure and skin complexion. These topics almost always engender negative, self-destructive and pessimistic conversations that explicitly show just how insecure and superficial girls can be. These little sessions are a downright waste of time. They consist of one girl putting herself down and then having five others yell at her about how perfect she is. However, if such a conversation should happen, especially at the end of the month, refer to rule number two.

Rule number four: Recognize that the walls have ears, and then act accordingly. Only share those secrets that you are willing to release as common knowledge. Except for the handful of truly loyal and trustworthy friends, most girls will dump your secret in an instant for a shot at popularity, or acceptance by a certain person. In an all-girls school, gossip is as good a means of exchange as money.

And last, but definitely not least, rule number five: Keep a smile plastered on your face at all times. It would be the end of the world as you know it if you frowned, simply because girls usually assume the worst. If you are frowning, they interpret that as angry, and then they think you are angry with them. Subsequently they get angry with you because they think you are angry with them, and it becomes an auto-exacerbating cycle that should never have begun in the first place because you were never unhappy!

Life in an all-girls school can be a great experience, however the effort that is not made to impress the opposite sex should be transferred to following the above-mentioned rules. In a nutshell, they should serve as your everyday survival guide.

Andria Arcari  
Secondary V

## White Fire

Mother Nature's anger arises, ever mounting,  
Her roar sends the world into darkness and fear.  
The long piercing fingers stretching down to earth  
And once again,  
Vanishing.

The white fire winding its way down to me,  
What have we done to make the gods so unhappy?  
The white fire radiating like cancer in the sky  
Striking at the children's climbing trees and piercing  
them  
With its inevitable shriek  
in one second the world goes bright,  
We think the gods have finished their frantic actions,  
We think wrong.  
There is no choice but to wait for tomorrow,  
Reach for tomorrow  
And the white fire edges closer.

Caitlin DeSeve  
Secondary I

## Devastation

Her dead lips  
are motionless  
no words escape  
they rest on the tip  
of her tongue

That love she  
had for her indulgent  
father,  
that affection is dead  
it is unspeakable

Her empty look  
her blackened eyes  
brimming with rueful tears  
they twirl down her damp  
cheeks wanting to win  
the race

Her runny nose  
stings with dispondency  
her face is saddened  
by the horrifying accident  
that happened four days ago

Hélène Dolberg  
Secondary I

## Smiles

Every morning the boy would smile,  
Making sure that it reached each ear.  
His toothy grin, though unhappy as he may have  
been  
Made all his worries disappear.

The boy grew older and he became sad,  
Smiling less and less each day,  
The distant memories of his childhood  
Had almost melted away.

Then there came a day he could not smile,  
The pain had sunk too deep.  
He was sad because he was all alone, nothing left  
for him,  
And wept himself to sleep.

The man was sick, and tired, and old,  
And his time was almost up,  
But before he died he forced a smile upon his face,  
Just for old time sake.

The man was finally happy when his last second  
ticked away,  
He opened his eyes wide enough to see the waking  
of the day,  
The smile he had upon his face  
Made his final tears vanish away.

The man smiled his final smile at all of his child  
hood memories,  
Knowing that he would soon meet with the boy that  
he once was,  
Singing, Dancing, Smiling  
And setting his spirit free.

Hillary Tabah  
Secondary I

# Valedictory Address 2003

How did it get so late so soon? / It's night before it's afternoon. / December is here before it's June. / My goodness how the time has flown. / How did it get so late so soon? -Dr. Seuss

Good afternoon Mrs. Brooks, Mr. Kousik, Ms. Del Torto, faculty, friends and graduates of 2003.

When I first walked through the Penfield doors, what feels like so many years ago, I was (despite my delusions of grandeur) just a little girl swimming in an oversized uniform.

And so, it is with a touch of the surreal that I stand before you today, in a uniform that finally fits, to say goodbye. I look at the graduating class and I see your beauty, your kindness, and your strength. We're not little girls anymore. Somehow, we have grown up. Bright and varied futures await us all. Each of us is intelligent and capable: we have been well-prepared for what is to come. I would like to focus, then, on the journey: on the times we've shared, and what we have meant to each other.

The past five years have not always been easy. In fact, they have frequently been grueling and frustrating. But they have also been rich and wonderful. For better or for worse, these have been the pivotal years. We have stolen our first kisses, formed new friendships, travelled the world, made mistakes, suffered broken hearts, spoken our minds, fallen in love. We have told secrets in the Common Room, danced in the Reception Room, prayed in the Chapel, set things on fire in the Science Labs. This building, these rooms, have borne witness to our triumphs and our failures.

Together, we have laughed at stupid jokes, at ex-boyfriends, at Alicia, and at ourselves. Our voices and Vanessa's squeaks will echo forever in our empty classrooms and the memories of those whom we now leave behind.

Together, we have cried: some so loudly that the whole school heard them, and others more softly, or without making a sound. Some days, some weeks, some months, we didn't think we'd make it. Those times, we cried often. But even when the workload was crippling, when sleep was a luxury we could no longer afford, and when Mr. Boyer had to personally remove us from the building, we knew that we would sink or swim together. That is what Sacred Heart meant to me.

When I think about the past five years, it is impossible for me to construct a linear account. What shines through is a series of moments that sometimes seem like they were taken from someone else's life. I have trouble believing that the awkward twelve year old who stumbled into the Study Hall so long ago was once myself. Half-remembered stories, dramas, and even friendships make up the majority of my high school mythology. But some memories remain hard and clear: pledging for Girls-for-the-Cure in the pouring rain, one balmy afternoon in September, singing "Children of the Light" and feeling ridiculous and accepted; losing my voice at the Sacred Heart world cup; playing rubber-chicken ball in the snow.

It is ironic that only now, as my time here comes to a close, do I finally realize how fortunate I have been. I think that many of us feel the same way. After all, Sacred Heart is sometimes a thoroughly unpleasant place to be. We are pushed to the very limits of our academic potential, and at times our sanity. There have been late nights and early mornings when I wanted nothing so much as to be left alone: to run away to Greece and never be seen again, or just reacquaint myself with the dusty television, or the strangers who live in my house. But today, at the end, I know that it has all been worth while.

I have learned so much here. Not only history and (to my disgust) mathematics, but responsibility, diligence, and integrity. Our teachers guided us through it all, and doggedly insisted upon believing in us even when we had lost all faith and sense of humor. Miss De Mello's theatics, Mme Arnaud's philosophy, Mr. Bordonaro's patience, Miss O'Neill's devotion: the unique gifts of all our teachers have touched us deeply, and have taught us more than any textbook ever could. How many French gentlemen would willingly get decked out in a wig and a kilt? To the faculty, I extend my most sincere thanks on behalf of the 73 young women to whom you have given everything and asked for nothing in return but our success.

And we have succeeded. We are here, together, about to move on to the next great adventure. Today, we graduate. With our diplomas in hand, we will softly, sadly turn away from childhood and everything that Sacred Heart meant to us, and go our separate ways. Some of us will never look back. The hard times will fade away, names and faces will blur, and only the moments will remain. This is not a tragedy. It is life, and it is bittersweet. But no matter where the winds blow us, we will always have the five years that we spent together. You needn't worry, Tara: We will never be strangers. As J.M. Barrie wrote, "God gave us memory that we might have roses in December."

As blessed as we are, we have endured many hardships: double-math on Monday mornings, Sarah's perpetually broken collar bone, endless stress, and serious illness. To survive, we have relied on our diversity. We are driven, brilliant, serious, shy, generous, bubbly, sarcastic, loyal, and wise. Our differing personalities and opinions have been a source of support and invaluable insight. Some lessons will stay with us forever. At the beginning of this year, one of us was faced with an ordeal that made all others seem trivial and petty. She has handled herself with a strength and grace which we can only wonder at. Although she has rarely been well enough to visit us here, our thoughts and prayers have always been with her. Sabrina, thank you for teaching us the meaning of bravery. You are, and will forever be, a precious part of this class.

As a unit, we move forward: no one is left behind. With confidence, perseverance, and compassion we will follow our dreams to the ends of the Earth, whatever they may be. We are finally ready: the world is our winged, flower-ridden oyster. That one was for you, Karina.

And so, I bid you farewell, my friends. Whatever the future may bring, remember that we have a place here, and in each other's memories. To the faculty: our gratitude, to the students: our love, to Sacred Heart: our childhood, and to the world: brace yourselves.

To end as I began, in the words of Dr. Seuss:  
"Don't cry because it's over. Smile because it's opened."

Goodbye, everyone.

# SPECIAL PRIZES MERITED BY MEMBERS OF THE CLASS OF 2003

## Honour Roll Prizes

Andria Arcari\*  
Christine Chan  
Claudine Courrey  
Alyssa Esposito  
Catherine Evans\*  
\*four years on Honour Roll

Catherine Fernandes  
Jacklyn Finn  
Natasha Forques  
Peggy Gikas\*  
Teri Hatzihristidis  
Christine Layden

Aviva Masella\*  
Christina Sauro\*  
Anu Sharma  
Natasha Stoo  
Georgia Vriniotis  
Sarah Zullo

## The Sacred Heart Music Award

## The Sacred Heart School of Montreal Art Prize

## Headmistress' Memory Book Award

## Norman T. Byrne Memorial Prize for Public Speaking

## The Debating Prize

## Bruce M. Hicks Public Service Award

## Sacred Heart B.L.C. Award for English

## Student Council Prize

## Parents' Guild Prize for Social Studies

## Sister Gertrude McNamara Memorial Prize for Mathematics

## Sœur Annette Archambault Memorial Prize for French Second Language

## City House Foundation Bilingual Proficiency Prize

## Auriol Wilkins Roper Memorial Prize for Inter-Sports

## Heather MacDougall Memorial Prize for Fine Arts

## Judith Rossi Memorial Prize for Drama

## McGill Science Award for exceptional promise in Science and Mathematics

## Estelle Fitzgibbon Memorial Prize for highest composite average in Science

## Patty Forbes Memorial Prize for Health Sciences

## The Lieutenant Governor's Award for academic diligence and personal, social and community involvement

## Provincial Council Award for demonstrating compassion and exceptional dedication through social action

## Frances Smith Memorial Prize for significant contribution to the life of the school

## Governor's General Medal and Parents' Guild Award for the student with the highest general average

Natasha Lazchuk

Catherine Fernandes

Anu Sharma, Co-Editor  
Christina Zalem, Co-Editor

Catherine Evans

Catherine Evans

Natasha Forques

Catherine Evans

Melanie Pertugia

Sarah Zullo

Christine Chan

Christine Layden

Catherine Evans

Alicia Trobi

Olivia Del Torto

Nancy Townsend

Georgia Vriniotis

Christina Sauro

Aviva Masella

Aviva Masella

Aviva Masella

Andria Arcari

Catherine Evans

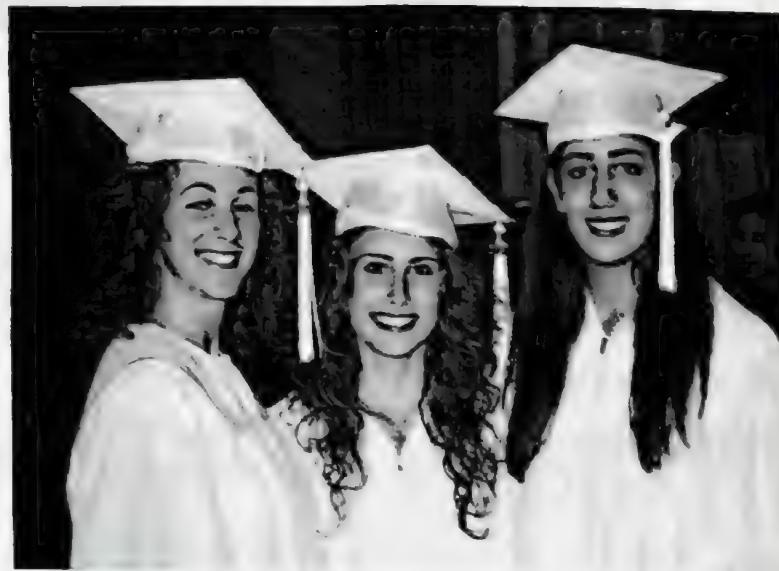
# Grad Night





# Graduation Ceremony



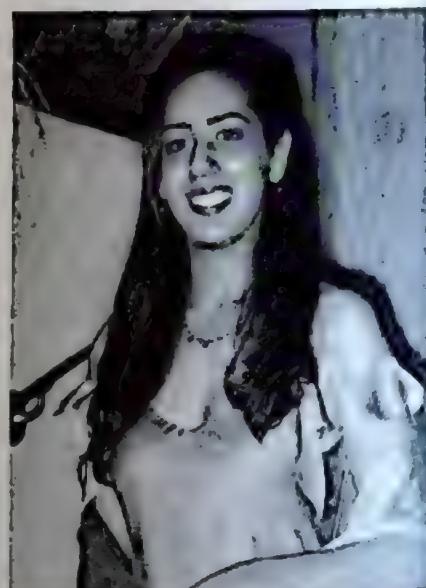


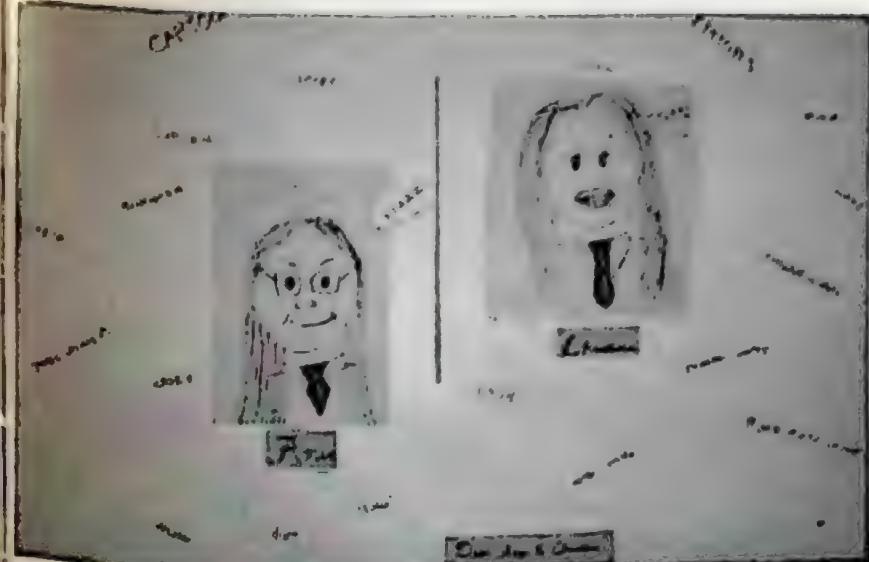
# From the Desk of the Editors



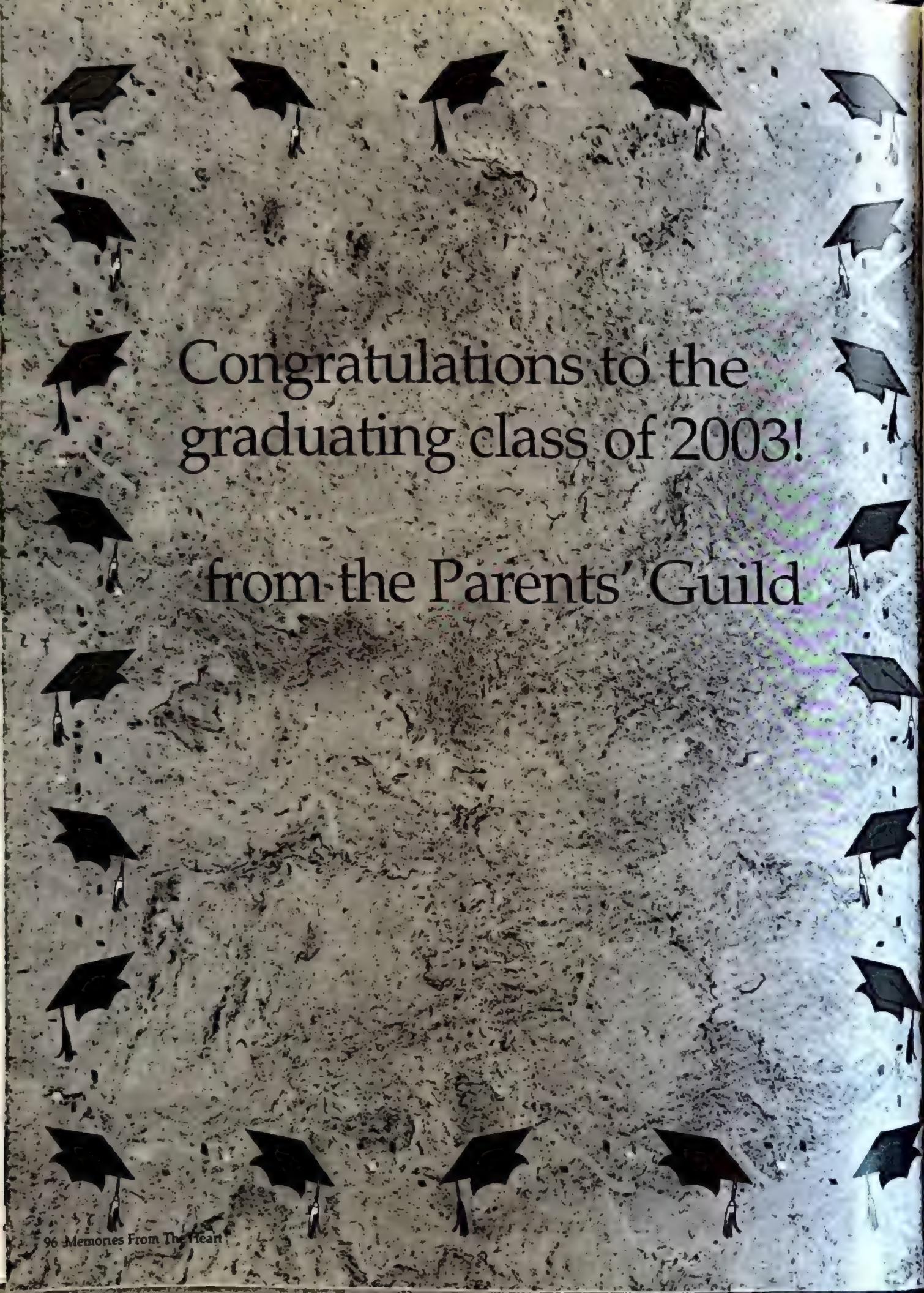
After several long days, late nights, and countless hours, this year's memory book is finally finished, and on schedule! This would not have been at all possible without the help, patience, and dedication of our wonderful memory book advisor, Ms. Bichsel. We would also like to thank the administration for their support. We cannot forget to thank Christine Chan, Catherine Fernandes, Alicia Hammer, Sophie Protopoulos, Nancy Townsend, Keyinsha Yokenderan, and Andrea Zakem, for their creative contributions, and encouragement. We wish next year's editors the best of luck. Here's a helpful tip: NEVER PROCRASTINATE!!

Anu Sharma and Christina Zakem  
Saturday, July 5, 2003





Sacred Heart School of Montreal 95



Congratulations to the  
graduating class of 2003!

from the Parents' Guild



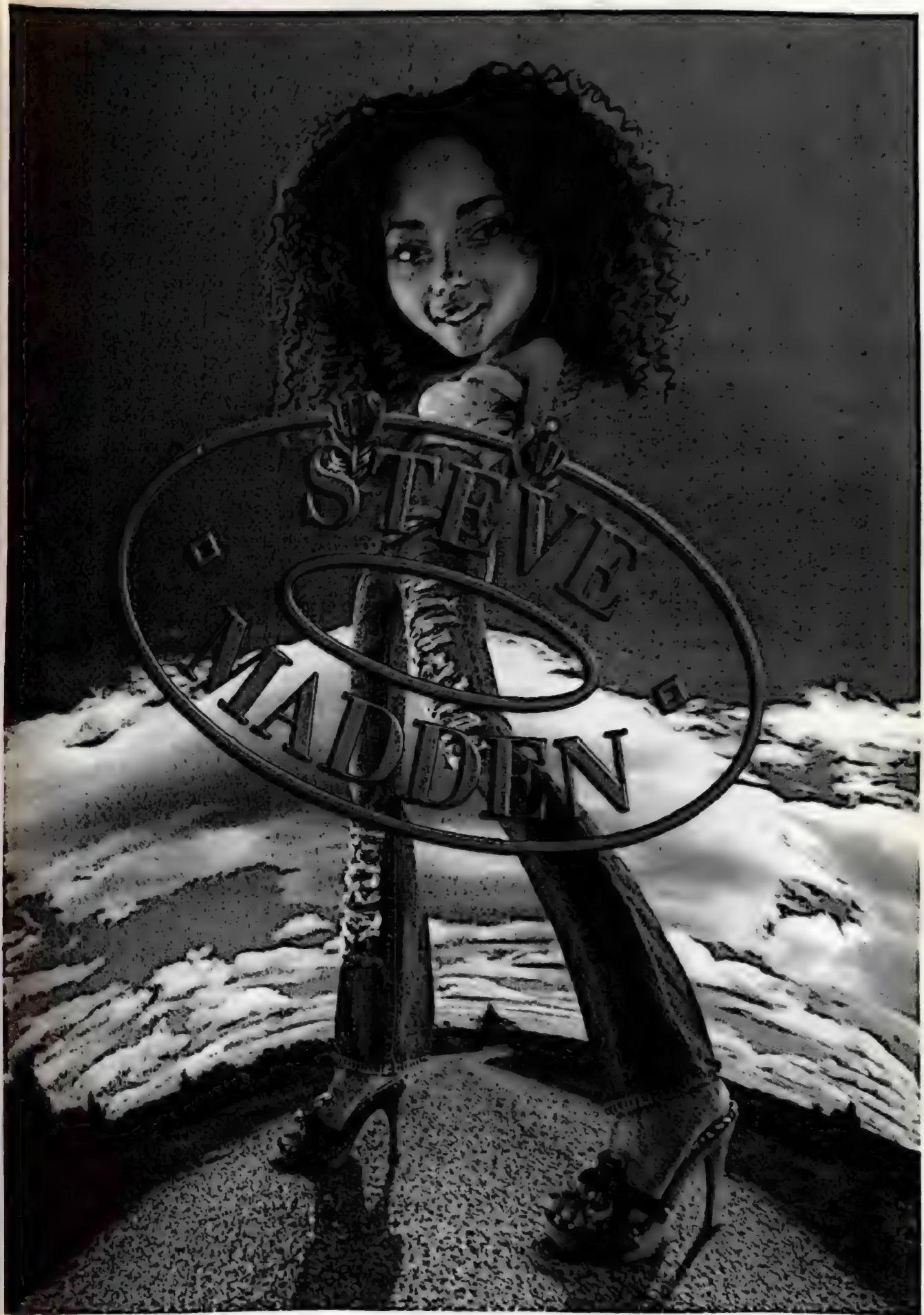
Graduates of 2003,

As you leave this place you knew as home, we would like to welcome you into our family as new members of the Sacred Heart Alumnae.

On behalf of the Alumnae Association, we wish you all the best in your future endeavours.

Congratulations!





# *In Memoriam*

**Sabrina Di Giandomenico**  
1986 - 2003

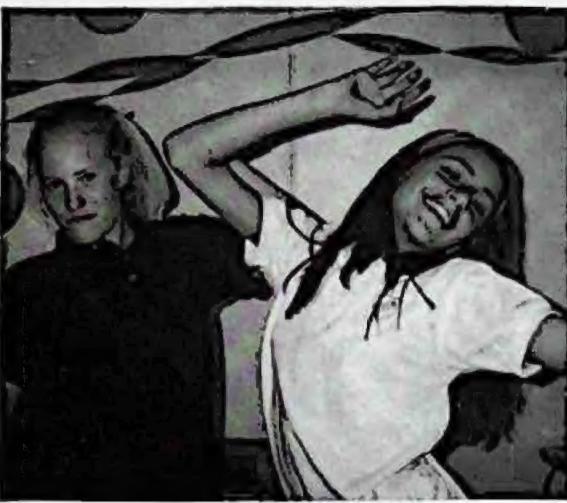


"We have been friends in sunshine and shade."

Caroline Norton







THE SACRED HEART SCHOOL OF MONTREAL

2003